APR 28 1982

THE SATURDAY EVENING POST

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Are You a Caffeine Addict?

America's Favorite Fishin' Holes

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Tom Selleck

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Vegetable Garden Advice

Where the World Council of Churches Went Wrong

The Lemonade Mystery

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Reliant K Spring Special 41 EST. HWY 26 EPA † EST MPG

Horizon Miser 52 EST. HWY 35 EPA † EST MPG

Turismo 2.2 41 EST. HWY 26 EPA † EST MPG

Reliant K SE Wagon 40 EST. HWY 26 EPA † EST MPG

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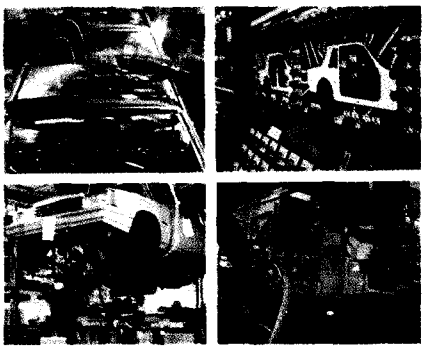
Plymouth. The American way to get your moneysworth.

Every front-wheel-drive Plymouth is engineered with advanced technology to give you high mileage and your moneysworth.

Plymouth gives you quality and your moneysworth with advanced technology.

The Europeans and Japanese have no monopoly on advanced technology. All front-wheel-drive 1982 Plymouths prove that. The excellence of their quality engineering is achieved daily at some of the world's most advanced car plants through computer-assisted design, assembly and quality control. For example, the Reliant K has almost three thousand computer-assisted robot welds. The most in the industry. This delivers a stronger, quiet body and assures consistent high quality overall.



These planned disciplines, some unique in the industry, have created a line of easy-to-maintain Plymouths which will give you your moneysworth with years of pleasurable performance.

Plymouth gives you your moneysworth with sensible prices.

Plymouth has gone a long way toward taking the "shock" out of the sticker price. The sensible prices in the chart represent real value. In fact, for 1982, the base model Reliant K coupe and Horizon Miser are still at their 1981 base sticker prices. Getting your moneysworth challenges holding on to your aging car.

MODEL	Prices Start at*	Prices as shown**
Reliant K Base Coupe	$5990	$7478
Horizon Miser	$5499	$5639
Turismo 2.2	$7345	$7345
Reliant K Wagon	$7334	$8658

*Sticker prices, title, taxes and destination charges extra.
**Sticker prices with pictured options excluding title, taxes and destination charges.

Plymouth gives you your moneysworth with front-wheel-drive.

Front-wheel-drive is a fundamental part of advanced technology that most cars of the 1970's and earlier lack. A 1982 front-wheel-drive Plymouth, with the engine pulling in front and rack-and-pinion steering, has a true feel of the road. Cornering and traction on wet surfaces are secure. Getting your moneysworth is evident whenever you drive.

Plymouth gives you your moneysworth with family-size room and comfort.

Many old-technology cars are cursed with the hard transmission hump in the middle and can't approach the overall comfort of the six- and five-passenger front-wheel-drive Plymouths. The excellence of Chrysler engineering and design has created cars with plenty of head, hip and leg room. Moneysworth means comfort.

Plymouth gives you your moneysworth with high-mileage.

Perhaps you're getting ten, twelve MPG. The kind of mileage a 1982 front-wheel-drive Plymouth is engineered to achieve can be a revelation to your budget.

For instance, what a refreshing change it would be to drive the 6-passenger wagon that goes farther on a gallon of gas than any other in America: The Reliant K. When you look at the mileage figures for any front-wheel drive Plymouth, you know you're getting your moneysworth.

◦ Use EPA EST MPG for comparison. Actual mileage may differ depending on speed, trip length and weather. Actual highway mileage lower. California estimates for Reliant K and Turismo 2.2, 36 est. hwy; 24 EPA est. mpg.

Plymouth gives you two new ways to get your moneysworth.

Mix moneysworth and excitement: The Turismo 2.2, with a specially prepared Chrysler engine. Yet, mileage without compromise; a price as remarkable as the car. Also, The Reliant Spring Special. This Custom 2-door can be yours with special two-tone paint design, deck lid luggage rack, deluxe wheel covers and more. Priced to give you your moneysworth.

Plymouth gives you your moneysworth with excellent resale value.

Undoubtedly, the final judgment of the quality of any car is its resale value. According to recent NADA Used Car Guides, an investment in a 1981 Reliant K or Horizon has been paying handsome dividends.

In 1982, a front-wheel-drive Plymouth can demonstrate to you why it's the American way to get your moneysworth.

Buy or lease at your local Chrysler-Plymouth dealer.

Plymouth

THE NEW CHRYSLER CORPORATION
Quality engineered to be the best.

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Baby-Boom

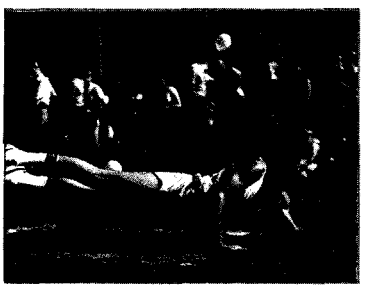
When the baby-boom bunch hits 65, they'll change the way senior citizens work and play. **20**

Where Fish Bite Best

Where, when and what it takes to coax them from that cold water into a nice hot skillet. **54**

Grounds for Caution

Caffeine, a nationwide habit, is implicated in a disturbing number of medical problems. **50**



Meet Tom Selleck

He doesn't like the macho label because he is basically shy—"especially around women." **64**

THE SATURDAY EVENING POST

FOUNDED A.D. 1728

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TABLE OF CONTENTS, MAY/JUNE 1982

Vol. 254, No.4

FICTION

Comeuppance ..... *Ben Ames Williams* 36

Charity on the Ward ..... *Don Tracy* 74

FEATURES

America's Compassionate Chief Physician
(Dr. C. Everett Koop) ..... *Donna Nason* 16

The Baby-Boom Legacy ..... *Landon Jones* 20

And Ben Begat the *Post* ..... *Frederic A. Birmingham* 26

What's Behind Those U.N.F.O.s? ..... *Will Stanton* 32

The Lemonade Mystery ..... *Berton Roueché* 58

Let the Chips Fall ..... *Maynard Good Stoddard* 62

Tom Selleck: Modest Man of Magnum ..... *George Haddad-Garcia* 64

How to Survive a "Café Coronary" ..... *Henry J. Heimlich, M.D.* 66

Laugh at Food Prices—Hoe, Hoe, Hoe
(Save Money with a Backyard Garden) ..... *Thomas Tilling* 70

Carrots Against Cancer ..... *Steve Findlay* 73

Biggest Bargain Family Vacation in Dixieland ..... *Mary Mitchell* 78

DEPARTMENTS

Letters 6

Post People 10

Speaking Out: Where the
World Council of Churches Went Wrong ..... *Charles Paul Conn* 12

Adventures of the Mind: Self-Sacrifice for Others ..... *Lewis Thomas, M.D.* 42

Post Scripts 46

Open Forum: Are You a Caffeine Addict? ..... *Richard H. Zander* 50

Sports: The Best Fishin' Holes in America ..... *Lefty Kreh* 54

Antique Shoppe 94

Where in the World? 101

Food: Versatile Rice—The Almost Perfect Health Food ..... *Allen Simon* 102

Medical Mailbox ..... *Cory SerVaas, M.D.* 106

Travel: Hawaii's Diamond Isle ..... *S. Rickly Christian* 122

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Available in most areas.

own: New Big Button phone.

©AT&T 1982

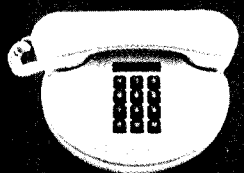
The perfect gift! A genuine Bell telephone.
It's different. But practical. It's good-looking. Long-lasting.
It's a quality gift. After all, it's genuine Bell.
It has every quality you want a great gift to have.
And it's surprisingly affordable.

But come see for yourself. Browse around the Bell PhoneCenter. You'll find the perfect phone for everyone on your gift list. Or you can give a genuine Bell gift certificate.

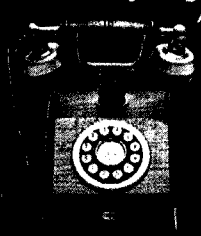
A Bell phone is the gift for any season or reason. The next time you want special people to know you really care, visit your Bell PhoneCenter. You'll find a gift they'll remember, and use, for years.

Bell Phone Center

New Diplomat* phone



New Rendez-Vous* phone



New Country Squire† phone

*Trademark of Northern Telecom, Ltd. †Trademark AT&T Co.

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World Council of Churches

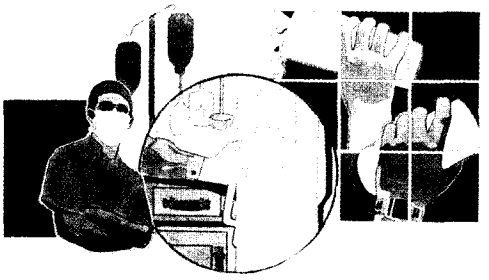
Its official report declares that "war is contrary to the will of God," but the World Council of Churches has altered that precept by its political involvement.

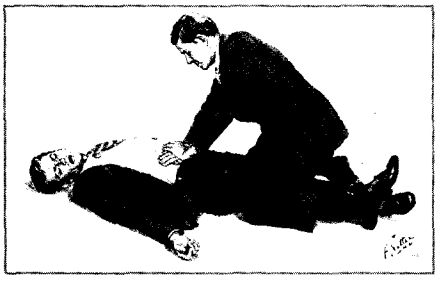
12

Lemonade Mystery

It started with an innocent Sunday get-together, but the tragedy that followed led a nationwide network of medical sleuths on the trail of a mysterious killer.

58





Café Coronary

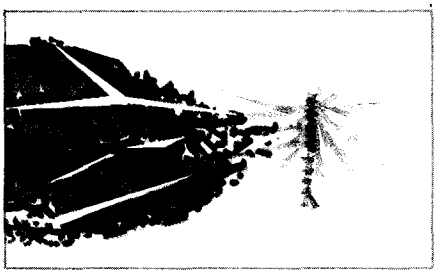
The originator of the Heimlich Maneuver has improved on his "hug" technique for rescuing choking victims. The life you save may even be your own.

66

Carrots Battle Cancer

Mothers who tell their kids to eat their carrots may be wiser than they know in light of evidence that vegetables rich in beta-carotene help prevent cancer.

73



Invest in Backyard Stalks

A few dollars' worth of seed in your backyard garden can mature into hundreds of greenbacks worth of groceries plus additional proceeds of fun and exercise.

70

Affordable Family Fun

A bargain in family vacations lies five minutes south of Charlotte, North Carolina, at the 1,200-acre resort, Heritage USA.

78

Rice to Your Health

Rice may not only be nature's closest approach to the perfect health food, but possibly the least expensive.

102

EDITORIAL
Cory SerVaas, M.D., Editor and Publisher
Landrum Bolling, Editorialist
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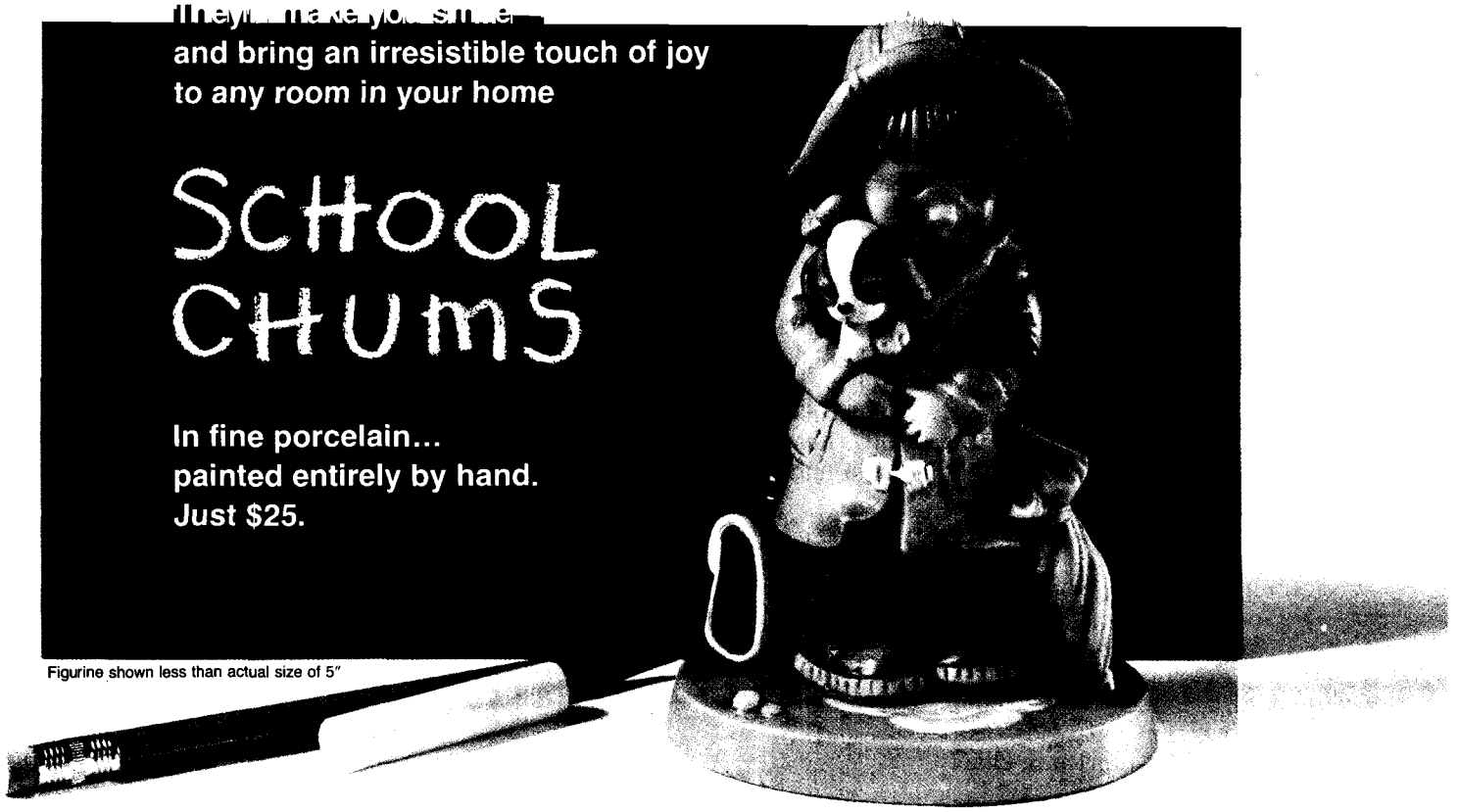
They'll make you smile—
and bring an irresistible touch of joy
to any room in your home

SCHOOL CHUMS

In fine porcelain...
painted entirely by hand.
Just $25.



Figurine shown less than actual size of 5"

For earliest shipment, please mail your order by May 31, 1982.

He's all geared up and ready to go—off to his first day of school. There's just one thing . . . he needs a little reassurance. Which is why he's brought his puppy along. Cozily tucked inside his yellow slicker—just *in case he feels the need for a real faithful* friend.

From the little boy's big blue eyes round with anticipation to the puzzled expression on his little dog's face, this is a sculpture of tenderness and humor. A quality that distinguishes the works of noted children's artist Maggie Murphy and makes her creations almost seem to come alive.

A captivating work of art alive with detail

In the tradition of fine porcelain figurines, "School Chums" will be crafted to the highest standards of quality. Each figurine will be carefully hand-painted in rich, true-to-life colors. And every small detail—every nuance of expression—will be faithfully captured by skilled artisans in Taiwan, right down to the reluctant scholar's blue galoshes and the almost-forgotten orange book bag.

Figurines such as this have brought pleasure to collectors through many generations. In your home, this whimsical little duo is sure to be admired by neighbors, friends and family alike, adding a charming touch to any room in which it is displayed.

Excellent value . . .

You might expect to pay as much as $35 to $60 for a figurine of comparable quality if you were to find it in a store. But because "School Chums" is available *only* by direct order and *only* from The Collectors Studio, you can acquire this hand-painted porcelain figurine for the modest price of just $25.

Free 15-day home examination

"School Chums" will be sent to you to examine in your home *without charge* for 15 days. If you decide to keep it, you will be billed $25. Later, "School Chums" will be joined by other cousins from Maggie Murphy's Best Friends Figurine Collection which you will receive at intervals of approximately one month, *on the same free-examination basis,* until your collection of six Best Friends figurines is complete. If you decide not to keep any figurine, you may return it within 15 days and owe nothing. Furthermore, you may cancel your subscription at any time.

To assure earliest shipment, and bring "School Chums" into your home, it is important that your order be mailed by May 31, 1982. Simply mail the attached free-examination form to The Collectors Studio, 800 Third Avenue, New York, New York by May 31.

The Collectors Studio stands behind the quality of its works. You may return any figurine, for any reason, within 15 days for your choice of replacement or a full refund.

FREE-EXAMINATION FORM

SCHOOL CHUMS

Please mail by May 31, 1982.

The Collectors Studio Inc.
800 Third Avenue
New York, New York 10022 3

Yes, I would like to examine "School Chums." Please send it to me for 15 days free examination and enter my subscription to The Best Friends Figurine Collection by Maggie Murphy. If I decide to keep "School Chums," I will pay just $25.* I will then receive another hand-painted porcelain figurine each month for 5 months, at the same guaranteed price, and on the same 15-day free-examination basis. There is no minimum number of figurines that I must buy and I may cancel my subscription at any time by notifying you in writing.

If I decide not to keep "School Chums," I will return it and owe nothing (except, of course, for return postage) and I will be under no further obligation.

**Plus my state sales tax and $1. for shipping and handling.*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE.

Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

TO ORDER BY PHONE, call TOLL FREE:
1-800-345-8500—24 hours a day.
(In Pennsylvania, call 1-800-662-5180.)

THE COLLECTORS STUDIO

New York • London • Paris • Tokyo

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Letters to the Editor

Birthing-Chair Backer

I applaud your recent article, "Rebirth of the Birthing Chair" (January/February '82)! The response of women who have used the one birthing chair in the Wichita area has been overwhelmingly positive. Comments from women who have minimal anesthesia and women who have epidural anesthesia are similar. The chair is comfortable; the sitting position increases the woman's feeling of control; and pushing in the second stage of labor is easier in the chair. In addition, pushing is much more effective in the chair. This is of special importance for women who are having their first baby or women who elect to have epidural anesthesia. As a registered nurse and childbirth educator, I would encourage women with low-risk pregnancies to use a birthing chair for delivery.

Francine Nichols
Wichita, Kansas

Deathless Poetry

The influence of the *SatEvePost* lives on and on in my memory.

Way back in late 1941, I guess, my second-grade mind and body memorized the immortal lines from the pages of your publication:

In 1492, Columbus sailed the
ocean blue
Which may be more than
you can do
In 1942.

I don't know the exact style in which it was written, or the name of the author, but I'm sure it must have been one of the first pieces of "literature" I committed to memory. I wonder why it remains so vivid in my memory, when I sometimes can't remember my own telephone number.

Just thought you'd appreciate how influential some of your words have been. I doubt if I could have made it this far without being able to run such deathless poetry through my mind once in a while.

Dorthy M. Ross
Rochester, Illinois

From the *Post* to Paradise

I was born on a farm November 22, 1898, three miles from the small town of Grimes, California, which is located on the banks of the Sacramento River. My folks moved to Grimes in 1906. There was a small crippled boy who sold *The Saturday Evening Post* in town. His name was Clifford Houtchens. He became sick and passed away in 1907.

They gave me *The Saturday Evening Post* to sell; that was in 1907. I was 8½ years old then. One day a man came to town in a horse

and buggy, taking pictures. My mother had him take my picture with *The Saturday Evening Post.* This *Post* that I am holding was dated June 9, 1909. I was 10½ years old then. I sold the *Post* till 1912; then I had to go to another town to go to high school.

I am 83 years old and in good health. I am retired from the civil service and live in the small town of Paradise in northern California. I thought someone might be interested in a little of the history of *The Saturday Evening Post.*

Earl Sanders
Paradise, California

Typing Testimonial

I propose that typing be taught in the first grade in school. Why? Because it teaches a child five things (perhaps more): (1) to spell; (2) to read; (3) to concentrate; (4) to type; (5) to learn what he is reading. (Optional: to focus his eyes in the right place; to think; to exercise eyes, fingers, etc.)

What a shame that I had to wait until I am 64 to find this out. Children are told to read something, but if they were told to type it, they would learn it better. If I had my life to live over, I would learn to type at six. I have advised many people that if they want smart children, teach them to type. One mother I spoke to at a drive-in told me her two little girls, five and seven, are already typing. The seven-year-old is already reading third-grade books. America would be much better off if people in nursing homes, rest homes, convalescent homes, youth homes, state training schools, state hospitals, prisons and even hospitals would be typing rather than playing bingo, smoking, playing pool or cards or just watching TV or daydreaming. You want America to be strong? No man can be saved in ignorance.

What is there to type? The Bible, poetry, recipes, history, quotes, news, songs, letters, formulas and even nursery rhymes. Isn't this a step in the right direction? Not everyone can buy a typewriter, but institutions could have them and give everyone who wanted to learn an equal chance. Money spent on alcohol, cigarettes and other pastime luxuries could buy a typewriter or rent one. Today is a day of learning, and I have a typewriter that will type 210 words a minute with no errors. This alone ought to cause some thinking people to exercise their powers to help create ways of getting typewriters in the hands of otherwise despondent people or people who want to improve their lives.

I have already typed the four gospels and can type about twice as fast as I could when I started four months ago. My youngest child, 14, is now taking typing in high school, and I can see a change in her already. I don't know if it will prevent arthritis or not, but it might help. At least my fingers are still very movable; but I do play

Continued on following page

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DOLLAR FOR DOLLAR.

Fairmont Futura four-door is one of the greatest mid-size values in America.

The 1982 Fairmont Futura four-door was built around one beautiful idea — value.

Like room for a family of five — or with an optional bench seat, six. And thanks to a new deep-well trunk there's room for over 16 cubic feet of luggage.

There's nuts and bolts value, too. Fairmont Futura was built with rack and pinion steering. MacPherson strut front suspension. Power front disc brakes.

And steel-belted radial tires.

And you can count on value at the pump, thanks to Ford's sensible 2.3 liter overhead cam engine. Imagine these figures for a car this roomy:

33 EST HWY **22** EPA EST MPG

For comparison. Your mileage may differ depending on speed, distance and weather. Actual highway mileage lower.

Compare Fairmont to other popular models in its class. Dollar for dollar Fairmont Futura four-door is better equipped than Citation, Cavalier or Reliant.

	FUTURA	CITATION	CAVALIER	RELIANT
FRONT BUMPER GUARDS	Std.	Extra Cost	Extra Cost	Extra Cost
STEEL-BELTED RADIALS	Std.	Extra Cost	Extra Cost	Extra Cost
DUAL HALOGEN HEADLAMPS	Std.	Extra Cost	Extra Cost	Extra Cost
DUAL REMOTE OUTSIDE MIRRORS	Std.	Extra Cost	Extra Cost	Extra Cost
DELUXE TURBINE WHEEL COVERS	Std.	Extra Cost	Extra Cost	Extra Cost

Ford Fairmont Futura. Buy or lease it at your Ford Dealer.

FORD FAIRMONT FUTURA

FORD DIVISION Ford

FORD FAIRMONT FUTURA

Ford

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guitar and violin, which may help them remain free.

I hope this proposal may help someone somewhere to be happier than they are now—and more knowledgeable.

May the Lord bless us all not to be ignorant.

"EJ" L. Fairbanks
Provo, Utah

We're sending a copy of your letter to the White House, hoping that, when Nancy Reagan hears about you, she will have all the Foster Grandparents teaching their grandchildren to type—even if they themselves first have to learn.

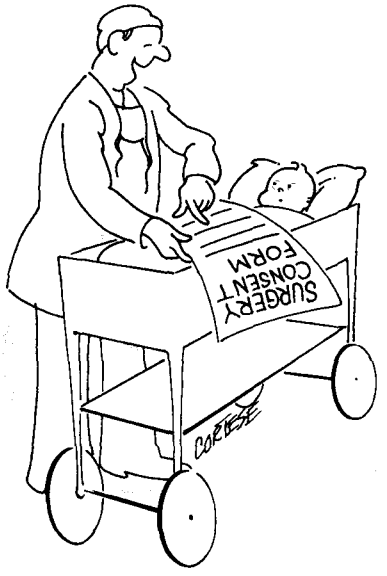
The Post *is a strong advocate of typing for toddlers, as evidenced by Ted Kreiter's "Kiddies on the Keys" article in our May/June '81 issue. Now perhaps it's time to do one for typing grandmothers. How about "Grammies go to Upper Case"?*

Excuses for Circumcision

I am writing to you because I recently read your article concerning circumcision (December '81) and was quite disturbed by 16 lines that were devoted solely to appeasing Jewish and Muslim readers who otherwise might have felt threatened by it. This brought several questions to mind which I feel warrant consideration by anyone concerned about this surgery. First: What about the male infant born to these parents? Does he not also feel pain? Doesn't he suffer the same physical as well as emotional trauma as his young friends from other families who are subjected to this life-lasting operation?

As I was reading your article, I wondered how anyone can disregard the welfare of those infants who have no voice in the matter and still claim to be an advocate for noncircumcision. If there is to be any hope of reeducating the public with regard to this barbaric imposition on the bodies and minds of newborn babies, we *must* risk "offending" some people in society. After all, should the mere misfortune of being born to parents who subscribe to a particular religious belief system preclude *any* child from the protection you seem to advocate against unnecessary and even harmful surgery? I sincerely hope not. To exclude them would demonstrate a lack of compassion and sensitivity that is beyond my comprehension.

Finally, if there are no medical indications for the practice of routine circumcision on all infant males, then there's no justification for having it done in our nation's hospitals, especially not on the grounds of it being an ancient initiation ritual. A mutilation is a mutilation, no matter what special-interest group is supporting it. If next week someone were to establish a religion which called for the



removal of earlobes or fingernails of female infants, do you believe our society would tolerate it? Would we stand by and allow the implementation of their "sacred rite"? Then why circumcision? It's a very complex question. What a pity still more must endure its consequences while a few of us just begin to sort it out.

Sander de Vaal
Menlo Park, California

Series a Hitt with Them

I hope it is not too late to comment on Russell Hitt's article, "Whither the Methodists," in the December 1981 issue of your magazine. The delay is caused because, out of courtesy, I first sent my comments to *The Methodist Reporter*, which has chosen not to print or acknowledge the letter.

My concern, at the time I wrote the letter, dealt with the October 9-11 Conference on Solidarity with the Liberation Struggles of the Peoples of Southern Africa and the use of Methodist monies to help fund the conference, as well as the participation of UM staffers whose salaries are paid by the sacrificial giving of local parishioners.

My letter to *The Methodist Reporter* said, in part: "This entire fiasco brings us to the conclusion that UM boards are being manipulated; that the Methodist church has become so large and unwieldy that it is difficult, if not impossible, to assess responsibility in incidents such as the October 9-11 conference; and that, lacking a strong leader at the head of our church, we had better assign someone of great integrity to supervise carefully the actions and activities of all staff personnel. The Methodist church must not become a haven for political activists.

"We also question whether perhaps local congregations have been abrogating their stewardship responsibilities by not speaking out on such issues."

While I and my family deplore the need for a secular magazine to pinpoint the weaknesses of our church for us, we believe the *Post* has accurately assessed the pulse of the local congregations, and we hope our leaders listen and consider.

Eva S. Dean
Norwood, New York

Your articles on various religions have been very interesting and most enlightening.

How about doing one on the Worldwide Church of God, headed up by Herbert W. Armstrong in Pasadena, California. It is my understanding that this group of nearly 100,000 members is being readied for a mass exodus to be termed a "fleeing" to a place of "safety" in a wilderness area to escape the "coming tribulation." It would be a real service to enlighten the American people on this group. According to the leadership of this group, the "place of safety" will be somewhere in the Sinai Wilderness, probably a place called Petra near the Dead Sea.

Jon S. Vrdau
Flint, Michigan

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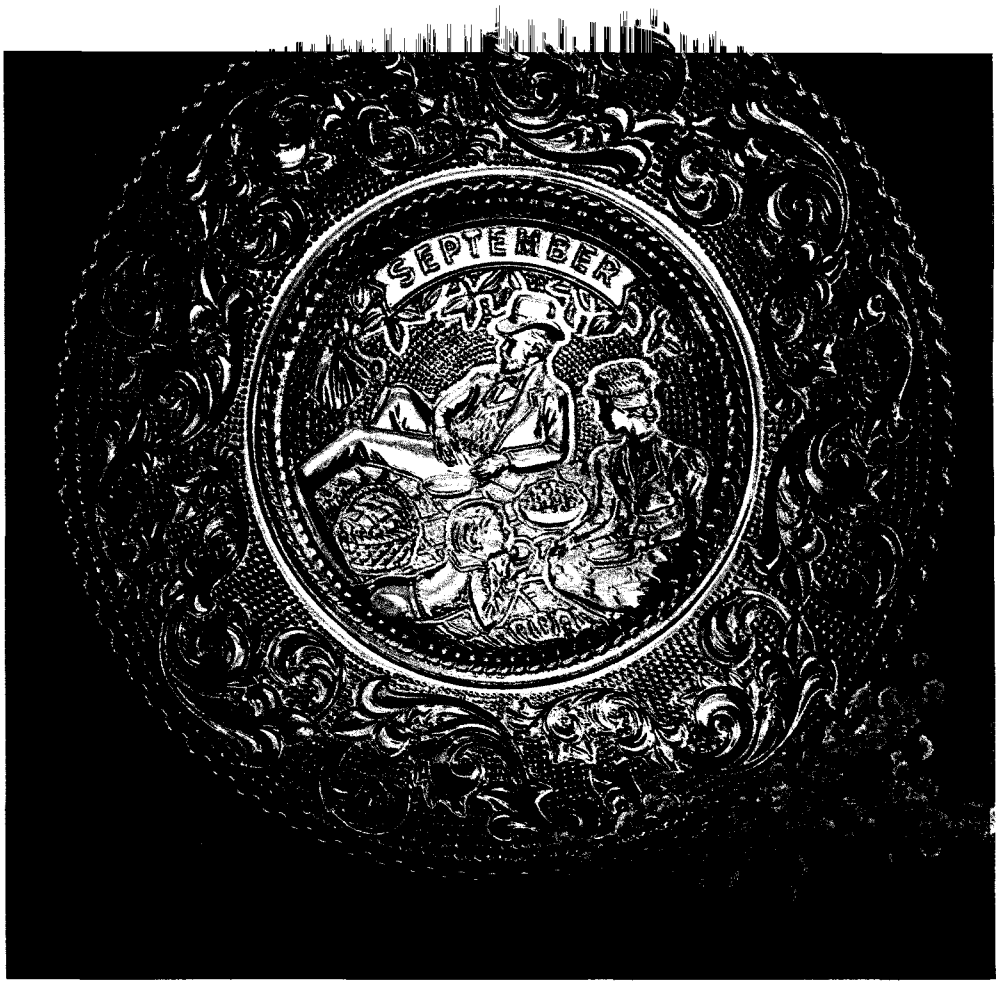
The treasured art of Sandwich Glass is reborn . . .

THE MEMORIES OF HOMETOWN AMERICA

PLATE COLLECTION

Twelve enchanting plates of hand-gathered glass, capturing the charm of the beautiful America of yesteryear.



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To be issued in limited edition.
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It was called *Sandwich Glass,* and its fame was unsurpassed. The First Ladies of our nation proudly displayed it in the White House. Daniel Webster himself was moved to praise it. And today, it is treasured in museums and private collections the world over.

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A year of happy moments from a century gone by

Each of the twelve lovely plates in this collection is crafted of the radiant "lace glass" for which Sandwich was so famed. And each offers its own charming look into American life in the 1800s—portraying the happy pastimes of a different month of the year.

In January, father and mother take their little girl skating on a silvery pond . . . in September, there's a picnic under the trees . . . and so it goes, on to December, where a joyful family joins hands around a candle-lit Christmas tree.

Seen together, the collection forms a delightful "almanac in glass," evoking the spirit of the times by an art unique to that era. The sculptured figures seem to be shaped of pure light, with a magical sense of depth. And when you hold each plate to the light, the faceted background sparkles—vignetting the scene forever at a moment frozen in time.

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To achieve this intriguing beauty, the plates will be crafted under the direction of Franklin Heirloom Glass in Pennsylvania—by the *authentic techniques used at Sandwich so long ago.*

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POST PEOPLE

Rick Christian

In his role as Cliff Barnes on "Dallas," Ken Kercheval spends most of his time dueling J.R. But in real life, Kercheval is chairman for the American Cancer Society's Indiana division. Having lost close relatives to cancer, the Indiana native does not take the disease—or his volunteer role—lightly. "People need to toss a buck or five bucks into the Cancer Society kitty, and it's difficult to do that if times are tough. But the thing is," says Kercheval, referring to the current economy, "cancer doesn't care."

Holly Coors

After graduation from college, young Aline Griffith joined the United States intelligence service to become a part of our spy network in Europe. She was assigned to Spain. There, after the war, she met and married a young Spanish nobleman, and they settled down in Spain. Today, however, the Condesa Luis Romananes, deeply concerned about the encroachment of Communism into Central America and throughout the free world, spends much of her time traveling the Americas, alerting lecture audiences to their threatened freedom.

The Reverend Billy Graham became perhaps the proudest dad in America at the ordination of his son, 29-year-old William Franklin Graham III.

Once prodigal in nature, William explains his about-face by saying, "I had to find Jesus Christ myself—my own way. I got sick and tired of being sick and tired."

Russ Busby

Today, he serves as president of Samaritan's Purse, a missionary organization, and its sister program, World Medical Missions, which sends American physicians abroad for Christian service. Overwhelmed by emotion, Billy Graham wrapped his arms around his son at the ordination and confessed to the well-wishers that the occasion represented "a culmination of my life's work."

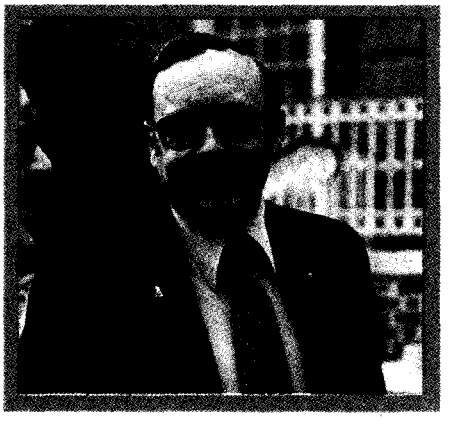
As director of the Peace Corps, Loret Miller Ruppe offers a call to the unemployed with vocational skills: to serve as Peace Corps volunteers and weave the thread of peace around the world. (Perhaps "draft" would be an appropriate word, as Loret's maiden name comes from the Miller High Life Brewing Company Millers.)

Holly Coors

During the past 20 years, Loret points out, some 80,000 volunteers have served in the barrios, fields and villages of 90 third-world and emerging countries.

President of CBN University Dr. Richard Gottier says, "Evident everywhere today is the strong need for education that takes into account firm Biblical principles...."

Built six years ago in Virginia Beach, Virginia, this Graduate School of Cummunications will soon begin granting Ph.D. degrees. Student daily chapel attendance, which is voluntary, is nearly 100%.



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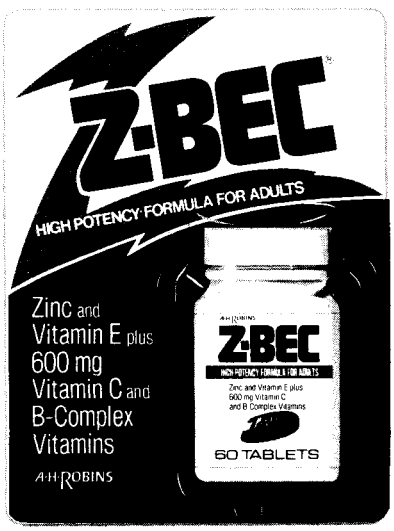

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Speaking Out

WHERE THE WORLD COUNCIL OF CHURCHES WENT WRONG

Created to emphasize the themes of church harmony, the World Council of Churches finds itself accused of encouraging violence and armed struggle.

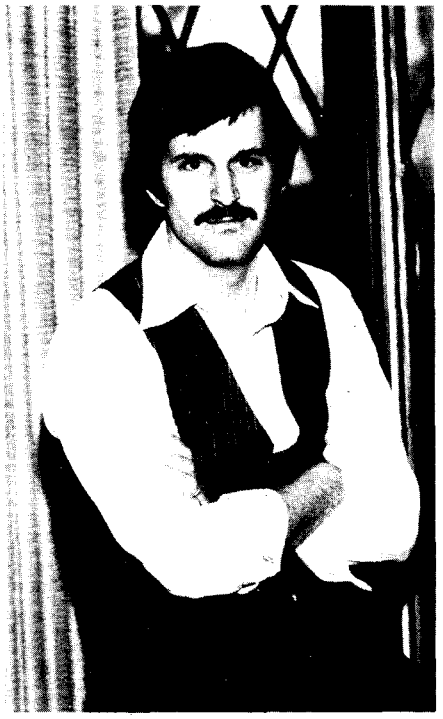
by Charles Paul Conn

Few things are sadder than the corruption of a noble idea.

The World Council of Churches was a noble idea when it began in 1948 and was welcomed by most Christians in the United States and elsewhere as an important step in the forward march of Christendom. It promised to be, in that day of bright beginning, simply a "fellowship of churches which accepts our Lord Jesus Christ as God and Savior," a nonpolitical forum for dialogue and cooperation among the many Christian organizations around the globe.

But today, the WCC, designed to promote unity among Christians, is itself the object of bitter dispute in the Christian community, especially in the United States and other Western nations. In the past three years, several of its member churches have withdrawn from the Council and others frankly acknowledge that support of the WCC by their parishioner-in-the-pew has been badly eroded.

The problem with the World Council of Churches is politics, say its critics. They charge that the Council has taken a sharp turn toward political expression and involvement in the past ten years and, further, that this political turn is emphatically toward the Left. They complain that the WCC, led by its professional staff in Geneva, Switzerland, is now aggressively involved in dozens of international situations in which its concerns are less spiritual than political, with an invariably anti-Western political bias. One such critic, Ernest W. Lefever, draws the issue sharply: "In diagnosis and prescription, the WCC's liberation theology is strikingly similar to current Marxist concepts. The positions the WCC has taken in some controversial situations have been indistinguishable from those taken in Moscow or Havana."



The author, Dr. Charles Paul Conn, is currently a visiting scholar at Harvard University, where he studies the psychology of religion.

The suspicion of such a radical political tilt in official WCC thinking, simmering for a dozen or so years, boiled over in 1978 when Council funds were given to guerilla forces fighting against the governments of Zimbabwe (then Rhodesia) and Namibia (Southwest Africa). In the furor that these grants triggered, the Salvation Army suspended its membership, as did the Presbyterian Church of Ireland and one of the German Lutheran Churches, and motions for withdrawal were made and defeated in many other groups, among them the United Methodist Church and the Church of the Brethren, both in the United States. "Why should we support an organization which subsidizes violence and revolution?" American church members asked. "How can a Council be 'Christian' and identify with Marxist revolutionaries?" The debate has been emotional in many churches and, to date, largely inconclusive.

It is ironic that the WCC should find itself the object of accusations that it encourages violence and armed struggle. Historically, the ecumenical movement that gave birth to the WCC has emphasized the themes of peace and political harmony. A series of conferences between the World Wars laid the groundwork, and in a 1948 gathering in Amsterdam, the World Council of Churches was officially declared to exist. One hundred forty-seven church bodies from 44 countries signed the original charter, including such mainstream Protestant denominations in the United States as the Protestant Episcopal Church, the United Church of Christ, the American Lutheran Church, the Methodist Church, the Presbyterian Church and the Reformed Church in America. Most notable absentees were the Roman Catholics and the Southern Baptists, who have never

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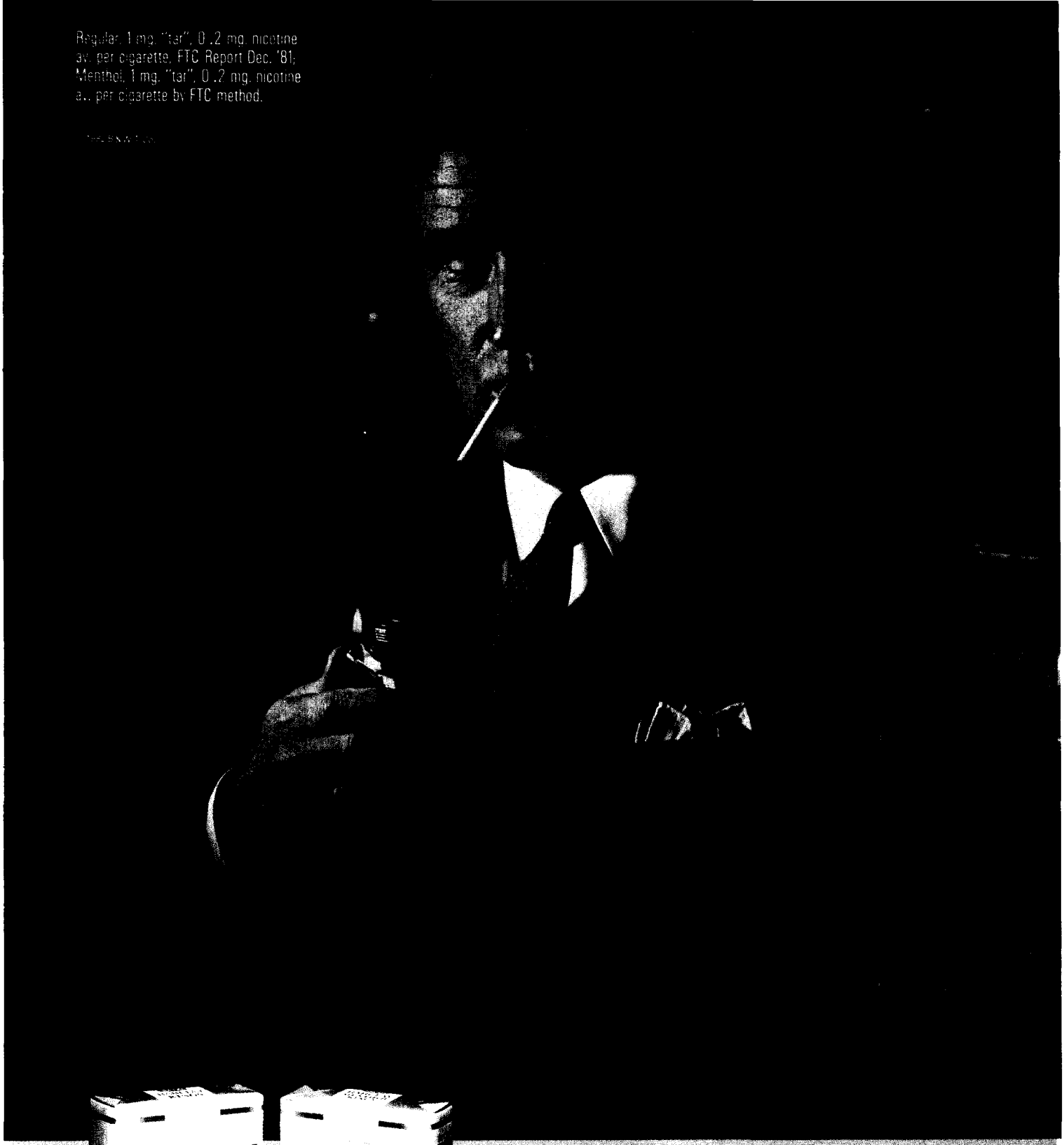

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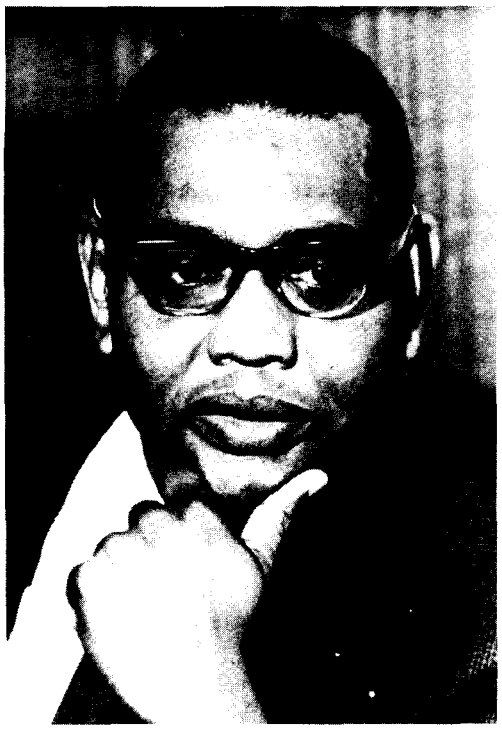

Dr. Phillip Potter, general secretary of the WCC, is concerned that some members of Russian churches are being intimidated and manipulated by the Soviets and thus are merely stooges of their government.

His Holiness Ilia II (right), patriarch of the Georgian Orthodox Church in Russia and a recently elected president of the WCC, chats with Dr. Phillip Potter (left) at an executive-council meeting in Geneva, Switzerland.

been WCC members.

The official report of the Amsterdam meeting staked out the territory of the new WCC as being strictly nonpolitical: "Far from pursuing political purposes, we have no other concern than the Lordship of Christ everywhere, in East and in West. . . ." The report included an unequivocal stand against armed struggle, declaring in capital letters, "WAR IS CONTRARY TO THE WILL OF GOD!" In a later paper, the WCC called for "the certain assurance that no country will engage in or support aggressive or subversive acts in other countries."

In the postwar mood of 1948, such an organization was inarguably a worthy idea, and by the time the WCC convened for its Second Assembly in Evanston, Illinois, in 1954, it enjoyed heavy and entirely favorable media attention and popular support. On August 15, 125,000 worshippers jammed Soldier's Field in Chicago for a "Festival of Faith" to open the WCC conference. It may have been the high-water mark for the WCC's public acceptance in America.

Up to that time, the WCC was a nonpolitical "fellowship of Christian churches" that seemed to regard world Communism as a natural enemy or, at the very least, an unsuitable partner in doing the work of God. A report of that Second Assembly stated: "It is doubtful whether the revolutionary tradition and Marxian materialism are capable of protecting the sacredness of human personality and freedom." And one WCC official went even further, insisting that "the totalitarian Communist faith in man as the pawn of the state confronts, on a world stage, the Christian faith in man as a child of God."

But somehow, through the 1950s and 1960s, the consensus within the WCC leadership as to the proper role of the Council began to shift. Membership grew from its original 147, eventually doubling, and as it did, Third World members came to exercise greater influence. In 1961, the Orthodox Churches of Russia, Bulgaria, Rumania and Poland joined, and criticism of religious repression inside those and other Marxist countries diminished. The emphasis of the WCC was changing. Dwain Epps, executive secretary of the WCC's Commission of the Churches on International Affairs, described the evolution: "In past ecumenical history, the very existence of a Communist or socialistic regime was judged to violate religious freedom. In 1971, the WCC embarked upon a review of its approach to human rights and sought to lay aside [such] preconceived notions."

Today, it seems, a different set of "preconceived notions" dominates WCC policy. The rhetoric of the Council has become that of the radical Left. In the world as seen through WCC resolutions, publications and official pronouncements, the cast of villains is always the same: Western industrialized nations (and especially the United States), capitalism, white racism and governments of the Right that oppress their people. The agenda of concerns of the WCC are, to many Christian laypersons, barely recognizable as being spiritual concerns; they seem little different from the concerns of any secular political movement.

The Council seems preoccupied with curing the world's ills through mechanisms *outside* the organized churches that comprise it. As if to declare the impotence of organized church structures in today's world, the WCC consistently gives funds and attention to secular movements while ignoring church agencies in the very same countries. It seems a curious way to proclaim that the Kingdom of God can solve man's problems.

This trend within the Council is crystallized in its Program to Combat Racism (PCR), launched in the early 1970s. The WCC has made grants totaling over $5 million to various groups that purportedly use the money to "combat racism" in their countries. It was a PCR grant of $85,000 to the Patriotic Front of Zimbabwe in 1978 that prompted the withdrawal of the Salvation Army, a charter member of the WCC. The Patriotic Front was an avowedly Marxist guerrilla army engaging in terrorist activity against the Rhodesian government at the time of the grant. Christian church groups working in the country were outraged that the WCC

Continued on page 88

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AMERICA'S COMPASSIONATE CHIEF PHYSICIAN

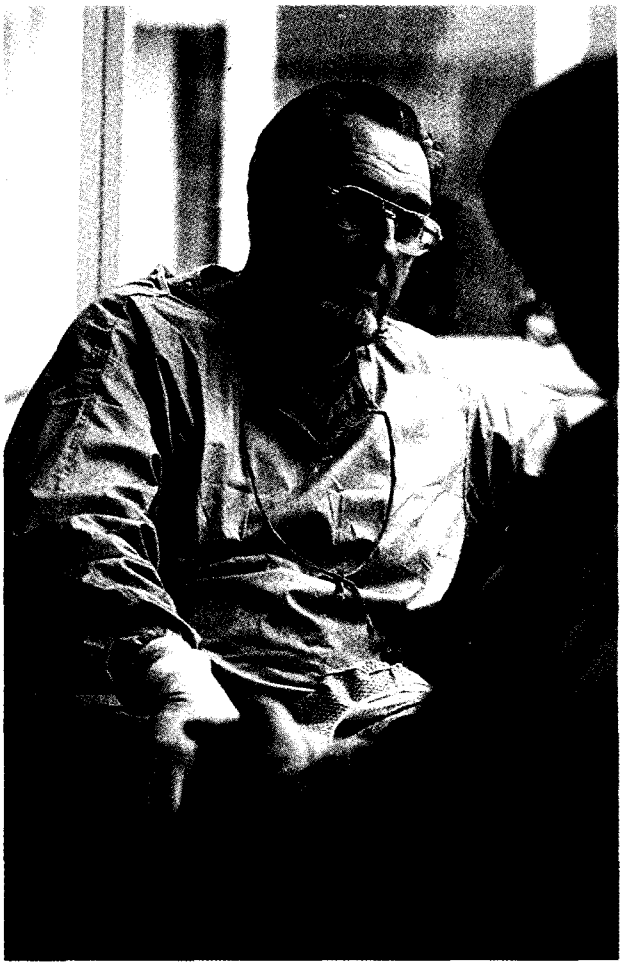
Blending faith with his personal and professional life, Dr. C. Everett Koop has become a world-renowned pediatric surgeon, humanitarian and now—U.S. Surgeon General.

by Donna Nason

The November 7, 1953, issue of *The Saturday Evening Post* featured an article on revolutionary neurosurgical techniques being pioneered by a skilled group of pediatric surgeons at Children's Hospital of Philadelphia. One of those surgeons was 37-year-old Dr. C. Everett Koop, then chief surgeon at the hospital.

In 1974, the same Dr. Koop made headlines in newspapers around the world for his successful separation of Siamese twins who had been pronounced inoperable by doctors in their own country, the Dominican Republic.

"I began the day with prayer," remembers Koop. "I also read the Bible. A verse in Psalms, which said the Lord will support the righteous, became my help in time of need. Claiming the righteousness of Jesus Christ, I said, 'We're going to win!' And we did." His 11½-hour procedure resulted in two perfectly normal, separate baby girls.



A surgeon's responsibility extends beyond his patient, says Dr. Koop, who has spent many hours helping parents deal with illness or death of their children.

Unfortunately, two years later, one of the girls suffocated on a large kidney bean. Koop, who feels strongly that a surgeon's responsibility extends to his patient's family and community, attended and spoke at the child's funeral. This was not the first trip the conscientious doctor—a Presbyterian—had made to the twins' Roman Catholic church. He had preached in a service of thanksgiving there after the separation and again on the first anniversary. "It was only fitting that I go down at the time of sadness and remind the townspeople that God is sovereign in all things, that we had thanked Him for the separation and now we should thank Him for taking Alta home to Himself."

Nearly 30 years after he first appeared in our pages, Koop is again in the spotlight—this time as the nation's new surgeon general.

Nominated for the post by President Reagan on September 16, 1981, the "world-renowned" doctor had served as deputy assistant for health in the Department of Health and Human Services since February 1981. Before joining HHS, he had been surgeon-in-chief of Children's Hospital of Philadelphia since 1948 and professor of pediatric surgery and pediatrics at the University of Pennsylvania School of Medicine.

He endured months of harsh criticism and many lengthy delays before being confirmed by a Senate vote of 68-24 in mid-November of last year and was sworn in as America's Number 1 health spokesman January 21, 1982.

The strident opposition Koop encountered during his arduous Senate confirmation proceedings centered on his longstanding reputation as a foe of abortion and on his alleged lack of public-health experience.

As the surgeon general, Koop will advise the public on matters such as smoking and health, diet and nutrition, environmental health hazards and the importance of immunization and disease prevention, as well as oversee the activities of the 7,200-member Public Health Service Commissioned Corps.

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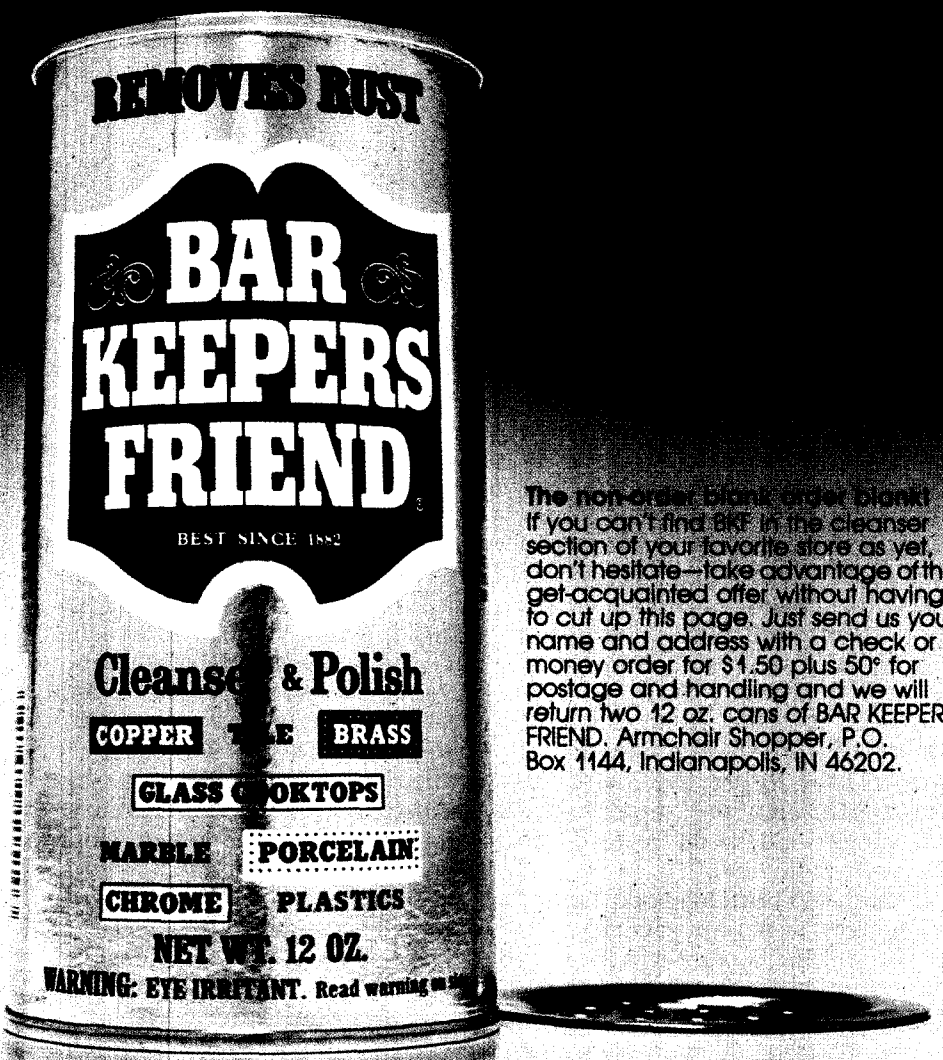
THE CAN DO CLEANSER!



Tough stains, like rust and lime deposits, are often too tough for America's leading cleanser. But test after test has proven those tough stains are not too tough for Bar Keepers Friend, the can do cleanser.

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The non-order blank order blank! If you can't find BKF in the cleanser section of your favorite store as yet, don't hesitate—take advantage of this get-acquainted offer without having to cut up this page. Just send us your name and address with a check or money order for $1.50 plus 50¢ for postage and handling and we will return two 12 oz. cans of BAR KEEPERS FRIEND. Armchair Shopper, P.O. Box 1144, Indianapolis, IN 46202.

We take the other cleaners to the cleaners.

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In one of his first official pronouncements (the surgeon general's annual report on smoking), Koop called the risks associated with smoking the "most important public-health issue of our time." According to his report, nearly a third of the 430,000 cancer deaths this year in the United States can be blamed on smoking. Not only is smoking the major cause of lung cancer—now the nation's leading killer—it also causes cancer of the lung, larynx, mouth and esophagus. In addition, it is a "contributory factor" in cancers of the bladder, kidney and pancreas. Smokers may even suffer an "excess mortality" from cancers of the stomach and cervix.

Citing the teamwork of the public-health service and the private sector in smoking-related education and research since the mid-1960s, Koop says, "The spirit of volunteerism, which is so much a part of the administration's program, is nowhere better evidenced than in the public-health area." He says also that the church is a "great untapped source of private help" and is expected to fill some of the gaps resulting from federal budget cuts.

During most of his nearly four decades as a physician, Koop's faith has been an integral part of his work—and all other aspects of his life. "Shortly after I began practicing medicine, I became a Christian," he says, "accepting Jesus Christ as my Savior and the Lord of my life. From then on, there was never any question; I knew I was to practice my Christianity through my surgery. Everything I value or do I consider to be a gift from God."

From 1960 until his appointment as deputy assistant secretary for health in 1981, Koop was a member of the board of directors of MAP International, a Chicago-based Christian relief agency that provides medicine and medical supplies to underdeveloped countries around the world.

Countless life-endangered newborns now survive because of intensive-care units such as the one pioneered by Dr. Koop at Philadelphia's Children's Hospital.

A pacesetter in the field of pediatric surgery, Koop is credited with developing many new and highly successful procedures during his tenure as chief surgeon at Philadelphia's Children's Hospital—where the surgical center has been named in his honor. It was at Children's Hospital that the Brooklyn-born Koop established this country's first neo-natal intensive surgical care unit and a total care pediatric facility consisting of general surgery, neurosurgery, urology, orthopedics, plastic and reconstructive surgery, cardiovascular, otorhinolaryngology, ophthalmology and dentistry.

While a pediatric surgeon, Koop fought hard against the practice of allowing babies to die because they may have, or do have, the same anomalies that he dealt with every day as a physician. "Too often," he says, "people are not willing to take the baby God gives them," adding, "In the quest for perfection, we forget the value of adversity."

Koop and his wife Elizabeth are no strangers to adversity, having lost one of their own four children: David, 20, was fatally injured in an avalanche while mountain climbing. The Koop family struggled through those days, weeks and months of accepting and adjusting to the loss of a child, just as Koop had helped countless other families to do over the years. And the Koops found that, in their time of greatest need, God's grace was sufficient. In their desire to share this experience with others, the Koops wrote a book entitled *Sometimes Mountains Move.*

In all, Koop has authored some 170 articles and books on the practice of medicine and was founder and former editor of the *Journal of Pediatric Surgery.* In addition to *Sometimes Mountains Move,* Koop has written two other books: *The Right to Live; The Right to Die* and *Whatever Happened to the Human Race?* which he coauthored with renowned Christian author and lecturer Francis Schaeffer.

An authority on medical ethics, Koop says, "I think adversity strengthens both parents and children, the damaged child as well as his so-called normal brothers and sisters. When man is the absolute of all things and there are no directives from God, this is when our humanity to each other suffers."

It is with justifiable pride that this dedicated defender of life tells the story of a little girl he operated on, putting a colon in where the esophagus should be. This same child, now in her teens, has her own ideas about the sanctity of life. "People like me appreciate life more than anybody else," she says, "and if I hadn't met Dr. Koop, how would I have known I wanted to grow up to be a pediatric surgeon?" Or maybe even surgeon general of the United States? ★

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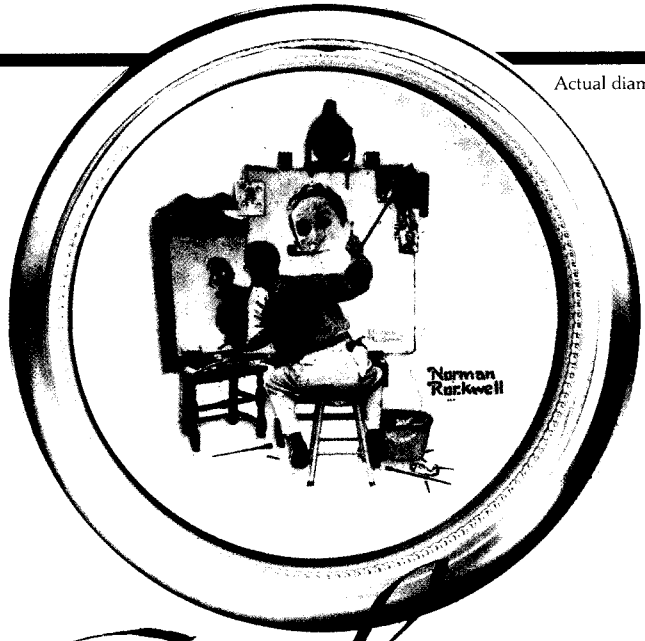

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6

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THE BABY-BOOM LEGACY

When this crop ages, it will be the most powerful interest group ever assembled. It will turn our youth priorities into elderly priorities. It will be the center of the national debate. And it will never go gently into that good night.

by Landon Jones

There is a revolution coming. It is not the revolution of the young prophesied by Charles Reich nor is it a revolution of a class. It is a revolution that is still in its early stages but which will inexorably and inevitably succeed in changing the way we think and act. It is a revolution that was not started by the baby boom but which, in its most dramatic hour, will be entirely made by the baby boom. It is the revolution of the old.

Of the three great population shifts since World War II—the baby boom, the baby bust and the aging of the population—two are complete. Only the third—the massive and continuing aging of the population—is continuing and building. Each day in America, the army of the old increases its ranks by an average of 1,400 as 5,000 people pass 65 and 3,600 die. In the next 50 years, the baby-boom ranks will march on into old age, bringing extraordinary change to that period of life, while leaving the detritus of the baby bust swirling in its tail wind.

"By the time this generation grows up, I hope to be as far away from Los Angeles as possible."

When this century began, there were perhaps three million people in this country over 65, or about four percent of the population. When the century closes, there will be 31 million people over 65, comprising more than 12 percent of the population. And before the baby boom is finished, there will be 55 million people over 65, and they will amount to 18 percent of the population.

In that time, we shall rethink everything we know about what it means to be old in America. The baby boomers will be unlike any previous generation of elderly. They will change what has heretofore been the principal stereotype of old people—namely, that they are poor, uneducated and unemployed. The baby boomers will challenge and strain every existing program and institution concerned with the welfare of older persons. They may well force the rethinking of one of humanity's oldest social contracts: the idea that the working generations will support the old and infirm.

Today, there are 24 million elderly Americans, and their number is growing twice as fast as the rest of the population. Since 1950, the over-65 age group has doubled; in the '70s alone it grew by one-fourth. Yet the most sweeping changes are still to come.

Between 1980 and 2040 the number of Americans over 65 will more than double from 25 million to 55 million. We can make this forecast with reasonable certainty because all the people who will be over 65 in 2040 have already been born. This growth, however, will not come smoothly and gradually but in bumps and jolts. The future growth of the aged is in effect the continuing record of past fertility. The over-65 group will grow quickly by five million in the 1980s as those born in the 1920s begin to retire. After 1990, the first baby boomers will begin turning 45, and for the first time ever, there will be more Americans over 55 than in elementary and secondary schools. But then, as the small Depression-era groups arrive, growth of the over-65 group will slow sharply, adding only five million over the 20 years between 1990-2010. Even so, unless fertility increases drastically, the retired group could be the only age group left still growing in numbers and proportion.

Beginning in 2011, when the 1946 group turns 65, America will see the most sweeping population changes since the 1950s. It will not

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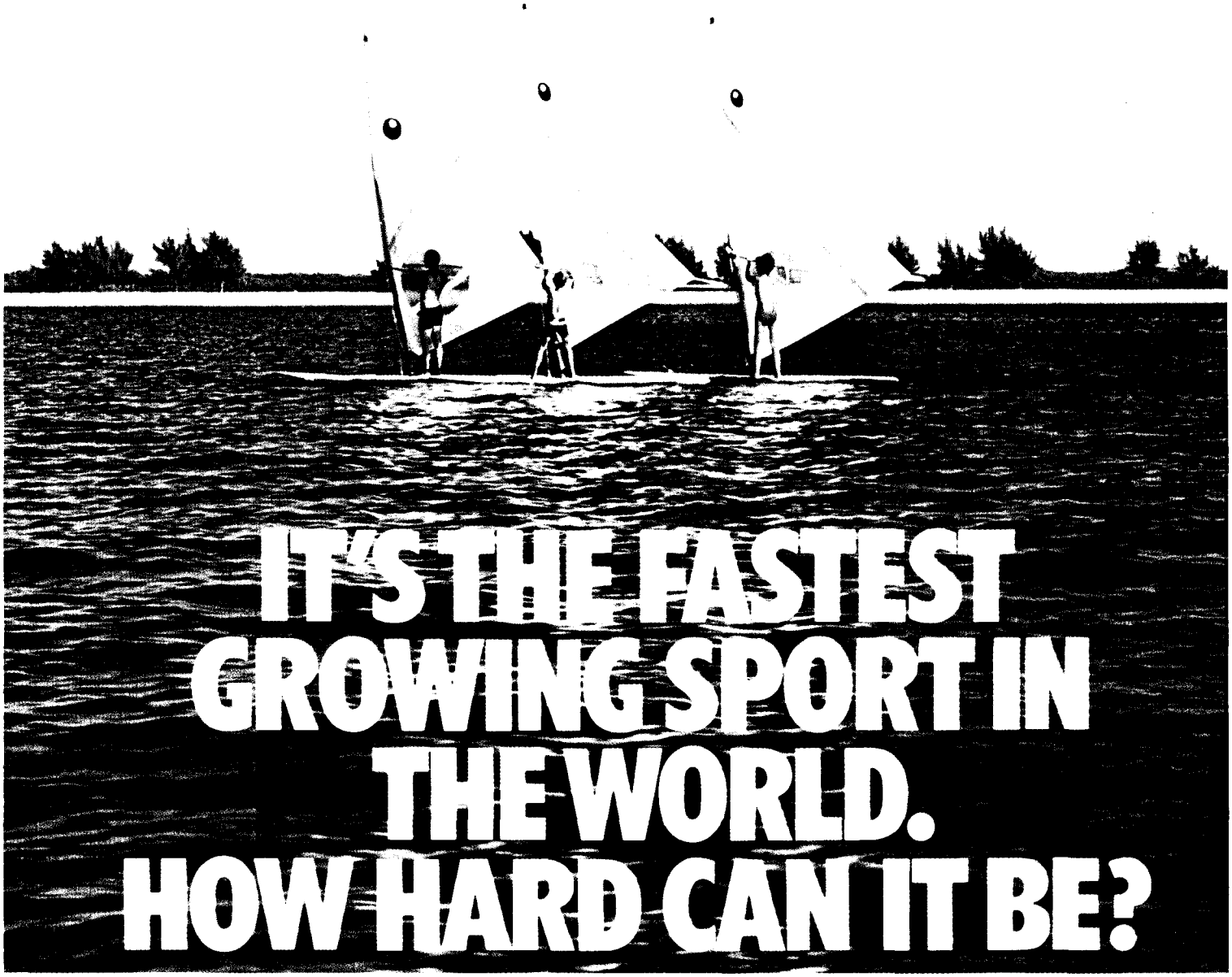

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For good reason. The BIC board is unusually stable. So it's very easy to learn on and stay on. It's of exceptional quality—marketed in Europe by Dufour, one of the world's great yacht makers. And yet our board costs far less than those of comparable quality. As little as $699.*

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For additional information and the name of the BIC Sailboard dealer nearest you, call 800-243-6699, or write: BIC Leisure Products Inc., 1070 Sherman Ave., Hamden, Conn. 06514

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be a baby boom but a sexagenarian boom. In the 20 years from 2010 to 2030, the numbers of elderly in the country will explode by a million a year. The overall increase of 20 million—or 59 percent—amounts to virtually a whole new generation of old Americans. And if these seem faraway events, they are not. The changes beginning in the triphammer year of 2011 will take place within the lifetime of more than half the Americans living today.

Today, only one in every nine Americans is over 65. In 2030, more than one in every six people will be 65 or over. This change, due primarily to the *small* generation after the baby boom, means that the old graph showing the age structure of the population as a pyramid with a large base in the younger age groups tapering to few numbers in the older ages will be stood on its head. The shrinking age groups at the bottom will be supporting an increasingly top-heavy load of older citizens.

Because more people are living longer than ever before, the baby-boom generation should proceed into old age more intact than any previous generation (barring the disasters of famine, pestilence and war that have too often been the human misfortune). Even if present life expectancy does not improve, seven out of every ten baby-boom men will live to 65 and eight out of ten women will make it to that age. And those who live that long can then expect to live another 14 years (for men) or 18 years (for women).

There is no reason to think that the baby boomers will be any more docile or malleable in old age than they have been in youth and adulthood. They will carry their special energy and character beyond 65 and alter all of our expectations for that period of life. Many of us habitually identify old age as the most reactionary stage of life. The aged are often seen as the intransigent, cautious, fearful defenders of the old order. They are not risk takers. They are unwilling to change. But how many of these qualities are qualities of age itself and how many are the result of the educational experience of the aged? In America, a person's age also tells you something about the time he was educated. Persons born in the first five years of this century, for example, were educated in the early '20s, when education was the privilege of the few. They completed an average of only 8.6 years of *any* schooling. Of the entire generation of Americans over 65 today, one-half have not completed a single year of high school. Only one-third of the current generation of elderly graduated from high school, only one in six had a single year in college and only one in ten holds a college degree. Higher education, moreover, was almost exclusive to men.

Consider now the baby-boom generation that will be replacing them. Ninety percent of them have graduated from high school. Of the men, 27 percent have at least a college degree; of the women, 20 percent have college degrees. The differences in education between the generations have enormous impli-

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cations for attitudes toward government, acceptance of authority, openness to change, voter participation, willingness to articulate complaints, and so on. The baby-boom generation will carry into its old age the social and political effects of its education.

Around the time the first baby boomers have their 40th birthday in the late 1980s, they will be hit by two blows. The first is that the generation of their parents will begin to die. This was one of the most remarkable generations in American history. It was the Good Times Generation that survived the Depression, fought and won World War II and went on to build the most sustained prosperity the world has ever seen. When the boom's parents die, they will take with them the living memories of all those events as well as the powerful optimism that created the baby boom itself. The death of the parents will also give the baby boomers a delayed authenticity crisis. For years they had defined themselves *against* the values of their parents. Now they will be pushing and there will be nothing to push against.

At approximately the same time, the baby boomers will lose a generational connection on the other end. As parents, the baby boomers will see their children leave them with a longer "empty nest" period than any previous generation. This is because children are leaving home sooner than ever before and because parents are living longer after their children leave. Over the long run, the period of childbearing has been shortened about three years, on the average, and the period after the children leave has been increased by 11 years, thanks to the improvement in survival rates. Baby-boom couples can expect to live without children about 14 years longer than their parents, with most of the increase in their later years. Today, couples can anticipate spending about one-third of their total married life together after the launching of their children.

The baby boomers will have a different relationship to other cultures than today's elderly. The grandparents of the boom generation have more foreign-born members than any other group. As recently as 1970, one-third of all foreign-born persons in the United States were 65 or over. All the characteristics we associate with European-born grandparents—from their staunch patriotism to their lasagna—are now dying out with their generation. The coming generation of elderly, instead, will have stronger bonds to Latin America, as a result of the immigration of the '60s and '70s.

The baby boom has always attracted investment, and there is no reason to think that the Gray Market, thought of today as stagnant, will not have a boom of its own. This means not just hospitals, nursing homes and trusses but a whole range of products and services that cater to the leisure-time spending habits of the elderly.

New magazines have started announcing "The Joys of the Empty

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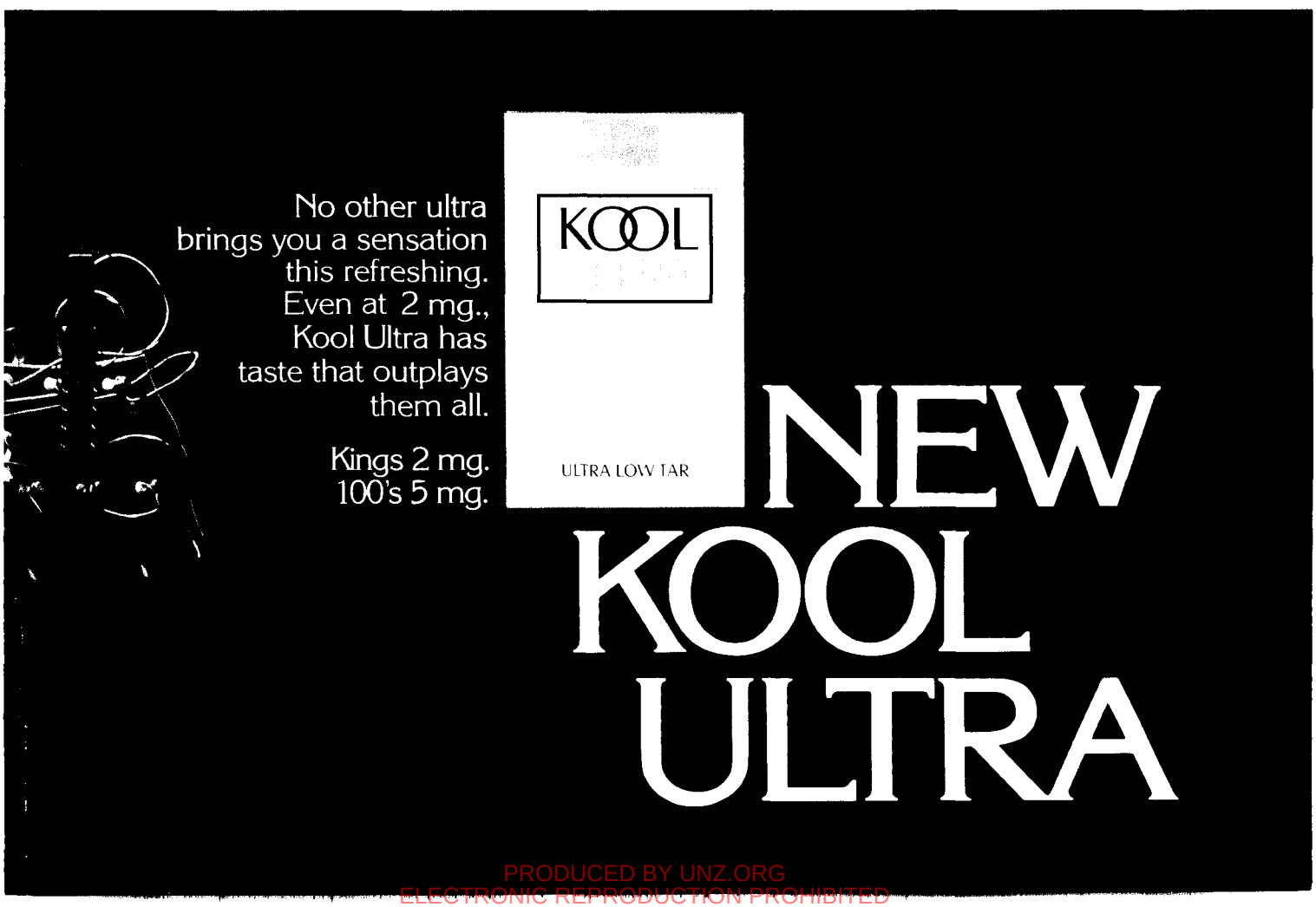
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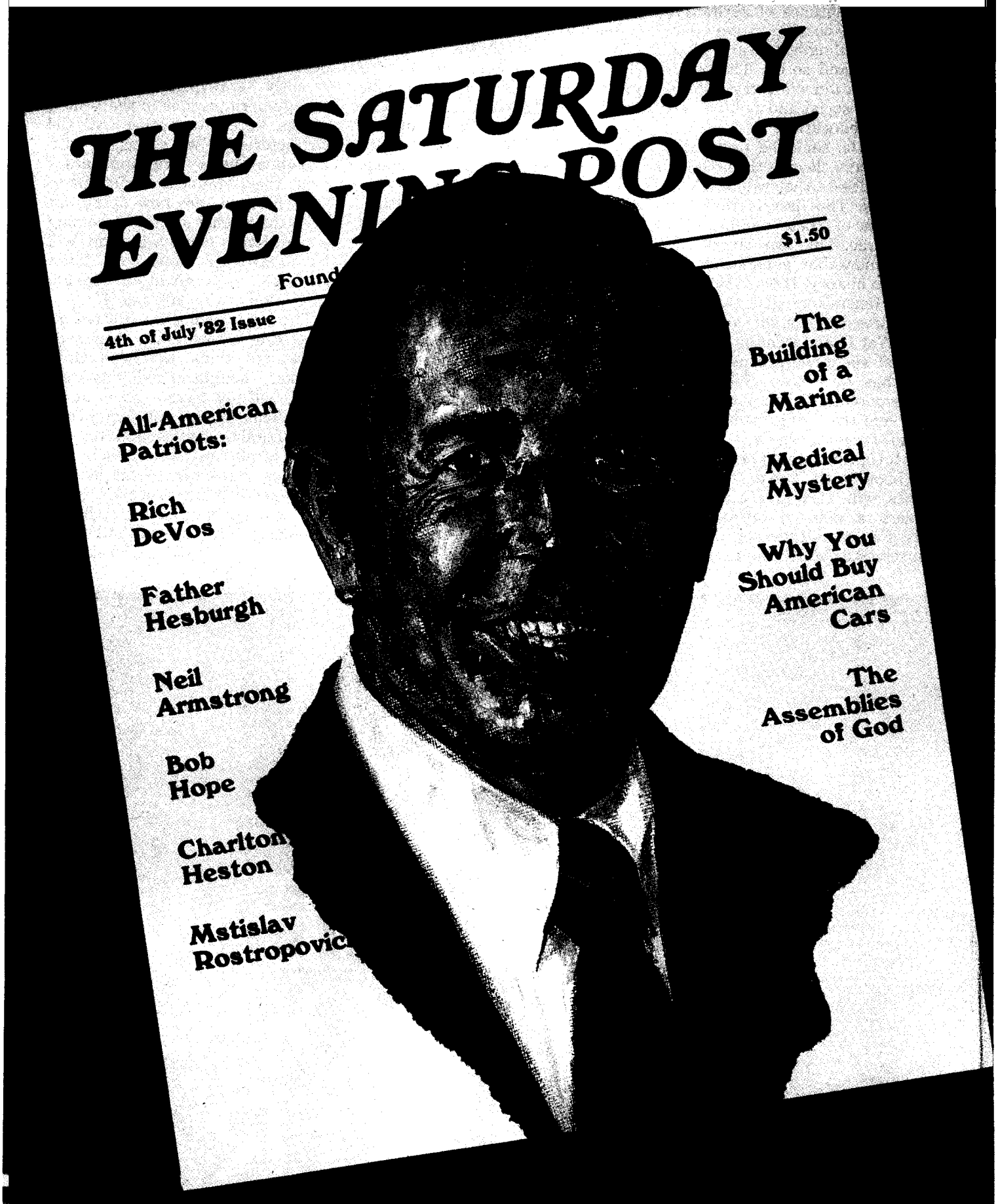

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The Post Salutes Rich DeVos and the New American Patriots

in the Star-Spangled 4th of July '82 issue.

Yours FREE by joining the Saturday Evening Post Society. Proud to be numbered among our country's most treasured traditions, *The Saturday Evening Post* is dedicating its 4th of July celebration issue to a new breed of patriots, whose inspiration is making its mark upon America and whose names are enshrined in the hearts of freedom-loving people the world over: Rich DeVos, Bob Hope, Charlton Heston, Neil Armstrong, Mstislav Rostropovich and Father Hesburgh among many others. In this issue: Why You Should Buy an American Car; A Berton Roueché Medical Mystery; A New Look at the Peace Corp; How to Create a Marine in 73 Days; Who Are the Assemblies of God? and much more. To accept our invitation to join the Saturday Evening Post Society and celebrate the 206th birthday of our nation with us, just fill out and mail the card insert. Your free copy of the explosive 4th of July *Post* will have you cheering from cover to cover.

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AND BEN BEGAT THE POST

The Gazette was a risky business, but Franklin was determined, come what may, that his enterprise would succeed.

by Frederic A. Birmingham

Part II We should adjust our contact lenses and our bifocals as we look at Benjamin Franklin himself. We must rid ourselves of the conventional image of Franklin that emerged from his later years—a roly-poly, barrel-shaped foxy old grandpa, with sloping shoulders covered by long hair that fell chiefly from the back of his head (since the front featured his domelike forehead and a stretch on top of thinning growth); his countenance moonlike, with great moonlike eyes and a heavy, fleshy face.

There is one portrait, however, that brings us back to his younger years—an oil painted on canvas in 1746 attributed to Robert Feke. This was some time after Ben opened his *Gazette* shop, but it's the earliest one we have, and we can guess from the man shown what he must have looked like only a few years earlier. It was a period when he had begun to make money and was about to retire as an active printer. In it, he is wearing a wig such as today is worn by lawyers and judges in British courts; a ruffle of lace at his throat and cuffs; an expensively tailored coat. But it is the man himself that catches the eye: His eyes are directed at the viewer in a look of serious and piercing intensity—no melting glances here. The pose is a standing one. His left hand rests on a background piece of furniture, but it is the right hand, with its extraordinarily long and powerful fingers pointing to the ground, which seems to say: "*Look here, I'm telling you something and you'd better get it through your head that this is the way it is.*" The effect is that of a man supremely confident and almost imperial in manner.

The steely strength of the portrait suggests the actual physical power he had as a young man: He was easily able to carry two heavy forms of type up a flight of stairs when others could carry only one. Yet, he had learned at the same time to outwit people rather than overpower them. A certain Andrew Bradford, a rival printer in Philly, had copped most of the big government orders. The man was postmaster, and he took advantage of that by ordering his carriers not to handle Franklin's paper. Franklin got around that by bribing the carriers to handle the *Gazette* anyway, and later on, when Ben himself became postmaster, he turned the tables on Bradford by banning *his* work for delivery by the regular carriers (although Franklin softened the blow by having his deputy postmaster put the ban into effect).

Bradford also did all of the government printing in those early days. Franklin cut in on that by taking an address from the Assembly to the governor that Bradford had printed with official sanctions and voluntarily printing his own version, at some cost to himself. He sent a copy to every member of the Assembly for comparison. Results: The Assemblymen "were sensible of the difference; it strengthened the hands of our friends in the House; and they voted us their printer" in 1730.

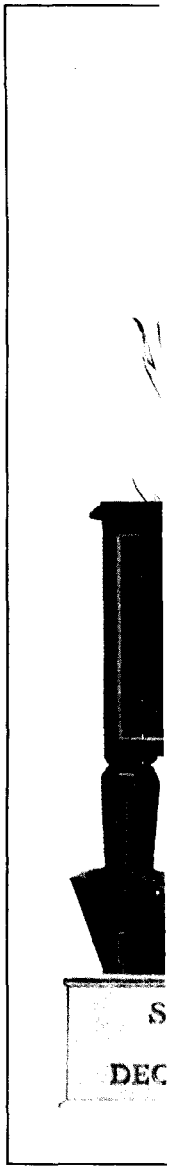
Ben was a tough opponent in spite of his impression on those who didn't know him very well. On one occasion, when he was criticizing the policies of William Penn's sons, a delegation of Franklin's friends came to call on him at the shop to suggest that he softpedal some of his sayings and moderate his political views.

When Franklin caught the drift of why they had come to see him, he didn't argue the matter, but said he was busy and asked if they would join him for dinner that evening at his house and give him their comments in detail. They would; but they were very astonished when the dinner consisted of a bowl of some foul-looking mush and a pitcher of cold water. Franklin fell to eating his portion with great gusto, but his guests soon discovered that every time they tried to bring up the subject of his political jeopardy in bucking the all-powerful Penn family, they found themselves gagging over the slop he had served, while he was up there at the head of the table, shoveling it in with great relish. Finally, in disgust, Ben Franklin's dinner guests asked him just what they were eating.

"You see upon what humble food I can live," he said, icily. "He who can subsist on sawdust pudding and water needs not the patronage of anyone."

They got the point. And Franklin continued to attack the Penns when and how he chose.

It was at this time also that Franklin began his habit of dressing whatever part he believed would best serve his purpose at the time. For example, following the grand appearance he made in the Feke portrait, he took to dressing in Europe as a Quaker might, kidding the polished European diplomats into thinking they were confronted by a bumpkin they could manipulate without any trouble. Similarly, the image Franklin designed for himself in early Philadelphia days was that of a struggling young tradesman, bound to rise by ap-



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plying all the basic virtues. He specalized in looking busy.

"In order to secure my Credit and Character, I took Care not only to be in reality industrious and frugal, but to avoid all Appearances to the contrary. I dressed plainly; I was seen at no Places of Diversion. I never went a-fishing or shooting; a Book, indeed, sometimes debauched me from my Work, but that was seldom, snug, and gave no Scandal; and, to show that I was not above my Business, I sometimes brought home the Paper I purchased at the Stores through the Streets in a Wheelbarrow."

It took something of an optimist to give the newspaper idea a try at all. In fact, he was warned away from the attempt by a stranger right out of Dickens, a crepe-hanger by the name of Samuel Mickle. Franklin managed to avoid such a dire fate as Mickle predicted, but not without a major effort. He received something of a little nest egg when he was awarded a contract for printing some of the colonial government currency. After that, he determined that, come what may, his enterprise would succeed.

He knew that there was enough truth in Mickle's bleak prognostications to serve as a warning. Therefore, Ben packed into the same premises as his printing equipment a nifty little store that seems to have sold just about everything.

The neat part of Ben's little enterprise was that all the goodies he had for sale could be advertised in his *Gazette*, thus giving him the jump on competing general stores which had no such town crier as the *Gazette* to hawk their wares for them—unless they were willing to pay Ben for an ad.

Ben's ads give us a picture of that early 18th century, covering such topics as the unexpired time of indentured servants ("A servant's man for near three years, to be disposed of. He is a joiner by trade and a very good workman."); househelp ("A likely servant maid's time for four years to be disposed of. She works well with her needle."); and "a very good tailor, having one year and ten months to run; fit for either town or country business."

But it was editorially that Ben ran his competitors right into the ground. Probably he wasn't writing with the express purpose of embarrassing his fellow editors, but he launched such a creative romp that he left his less imaginative peers bogged down.

Ben followed the traditions of reporting local illnesses and marriages; of barns struck by lightning and good burghers struck by theft; of an occasional Indian raid or perhaps a particularly hellish brimstone blast from a zealous local preacher. But it was his inventiveness that caught the fancies of his readers.

The chances are that he played fast and loose with "letters" from his contributors, probably writing many of them himself. He ran anti- and pro- letters on commercial matters, detailing one merchant's claim that his customers forced him to lie and answering that with a letter from a buyer who claimed he had been defrauded on the basis of said merchant's lies.

Franklin did not neglect the classical in the *Gazette* in spite of his tomfoolery. In 1735, he published a series of "Dialogues between Philocles and Horatio, meeting accidentally in the fields concerning virtue and pleasure," which were serious philosophical essays on these classic topics. This also gave him an outlet for some maxims of an appropriate slant from his *Almanack*, which he was publishing simultaneously:

"He is ill-clothed that is bare of virtue."

"Nothing brings more pain than too much pleasure, nothing more bondage than too much liberty (or libertinism)."

In the midst of this creativity, the *Gazette* was hobbled by the lack of fresh news. Franklin followed the publishing custom of the day by printing items from the English newspapers, and he unblushingly lifted columns from other colonial newspapers in Massachusetts, New York and Maryland. He played back gossip he picked up from seagoing captains over a glass of grog in a tavern. He appropriated items from official proclamations and an occasional letter from a friend abroad or perhaps a commercial correspondent in another country. As his *Gazette* grew and flourished, he improved its contents vastly. It was usually just a front page and the back side of it—European news on the front, local news and letters from the readers on the back. Sometimes, particularly in summer, when the colonies hummed

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after the confining winters and ships came in more frequently from abroad, he might expand to four pages. There was no set format, since as editor and compositor both, he was free to do as he wished.

The subscriptions to the *Gazette* were set at ten shillings yearly, which was often overlooked by his subscribers, who were briskly taken to task for the omission by the publisher in the naked public scrutiny of the paper's pages.

He was meanwhile expanding his outside printing efforts, picking up a small contract here and there to help with his overall income. With his fabulous energies, he found that he was wholly out of debt just a couple of years after he had started the *Gazette* and was well on his way to becoming a celebrity.

The years flew by happily. The little Franklin family was happy in its work and in its busy hours together, both for fun and profit. Nevertheless, Ben was never the man to stand still, doing what he had always done. So, before we take our leave of Ben and go on to follow the *Gazette* in its metamorphosis into *The Saturday Evening Post*, we must look at some of the other things he found the time and energies to do while working as a humble "printer."

He didn't stop at the *Gazette*. By 1743, he'd also established printing houses in New York and South Carolina. The three Franklin printing establishments were in the business of publishing newspapers.

We are at a point in Franklin's life where perhaps we can appreciate why he liked to think of himself as a printer, even throughout the positions he was to occupy later on. He might have stood before thrones, but his heart was in the composing room and at the editor's desk. Most of Franklin's biographers have not stressed as much as we think they should the way he fashioned a publishing empire across America as it was known in his day—even into the Caribbean.

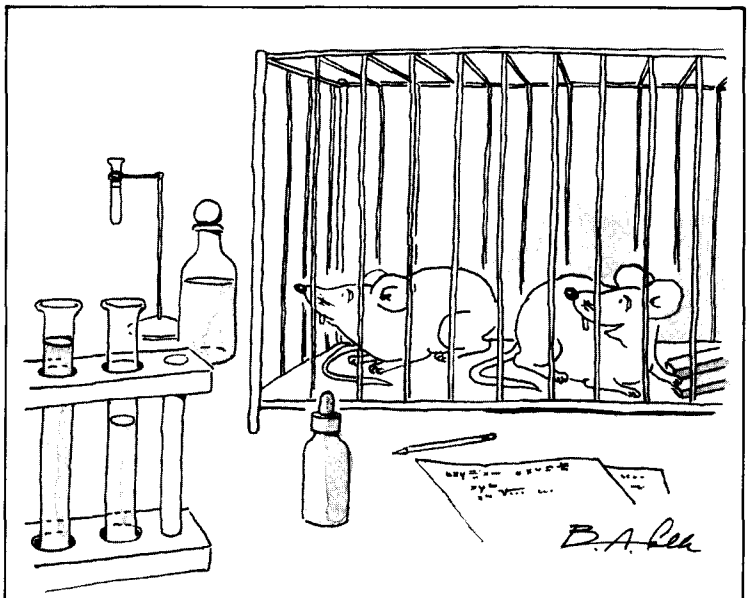
He was turning out his *Gazette* on his small Philadelphia presses, and after 1742, printing 10,000 copies of *Poor Richard's Almanack* annually. Yet he was also putting together the pieces of a publishing domain that was far more extensive in relation to his world than the properties of a Hearst, a McCormick or a Newhouse were to become years later.

He started it all in Philadelphia. There he trained his apprentices, often having them as boarders in his Market Street menage, and then sent them out to set up their own publishing shops in other cities, using his money and advice to flourish as his partners. He eventually had interests like this in South Carolina, Rhode Island, New York and New Jersey. Not content with his *Gazette* in Pennsylvania, he himself published another newspaper in Lancaster and established in his own city the *Philadelphia Zeitung*, the first American newspaper to be printed in a foreign language, for which the Pennsylvania Dutch settlers were duly grateful.

Franklin's newspaper empire extended into the West Indies, where he was a partner in papers in Antigua, Jamaica and Dominica.

In 1735, he published the first American translation from the Classics, a version by James Logan of Cato's *Moral Distichs*.

Since printing on this scale takes a great deal of paper, Franklin interested himself financially in several paper mills near Philadelphia. He also got into the ink-making business. No doubt he sold these basic supplies to his own publications at a low figure, but leaving just enough profit so that Benjamin Franklin the paper and ink manufacturer might kick in a little income once in a while to lighten the financial worries of Benjamin Franklin the printer.



"Now watch. Every time I push the yellow lever instead of the blue one, his face turns red and he hits the desk with his fist!"

By 1748, he had accumulated a fortune substantial enough to last him for the rest of his life, permitting him to "retire" at the age of 42. Ben sold out his printing business to his partner, David Hall, and with it went his proprietorship of the *Gazette*. Once in a while, however, the old master would write a snappy article for the paper. And in his casual way, he tossed off what is recognized as the first political cartoon printed in America—the now famous picture of the cut-up snake, representing the various colonies of the day, and the meaningful slogan, "Join or Die."

The year 1752 was not far off, when Ben Franklin, the humble printer, was to reach into the heavens and capture the firefly of the storm, ushering in the age of electricity. Then Ben went on to greatness and into the hearts of his countrymen as one of our Founding Fathers.

And so we bid farewell to Poor Richard, as we leave him to his destiny and follow the path of the *Gazette* through its various changes, to emerge at last as *The Saturday Evening Post*. It is nearly 300 years later. Yet the spirit of Benjamin Franklin still burns brightly in the pages of the *Post* today.

It was one of his gifts to America.

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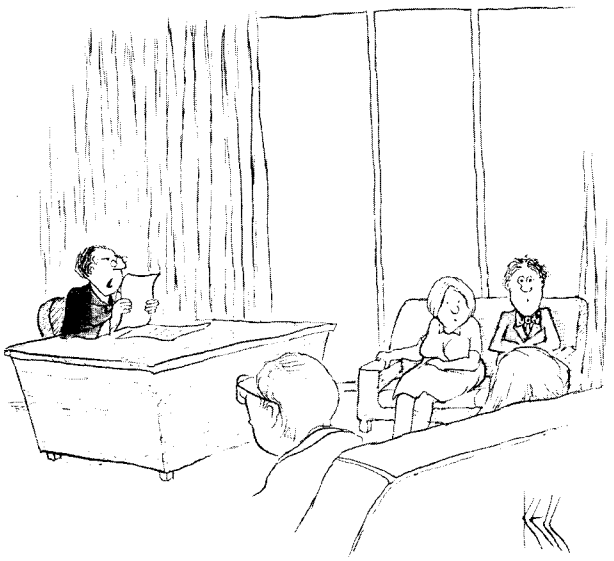
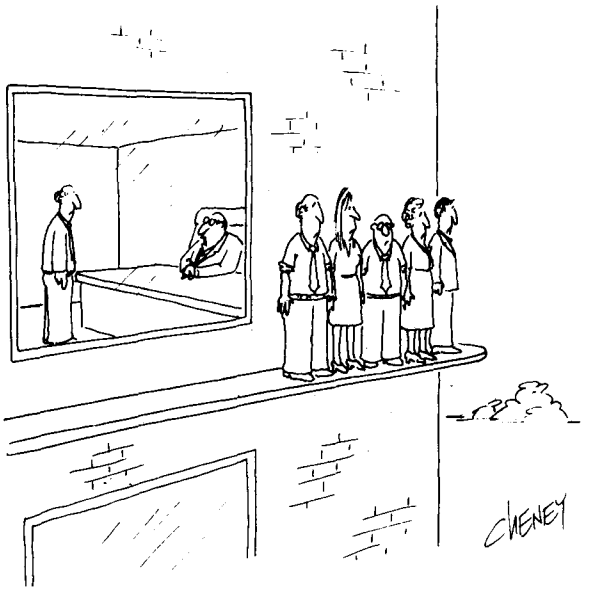
BUSINESS AS USUAL

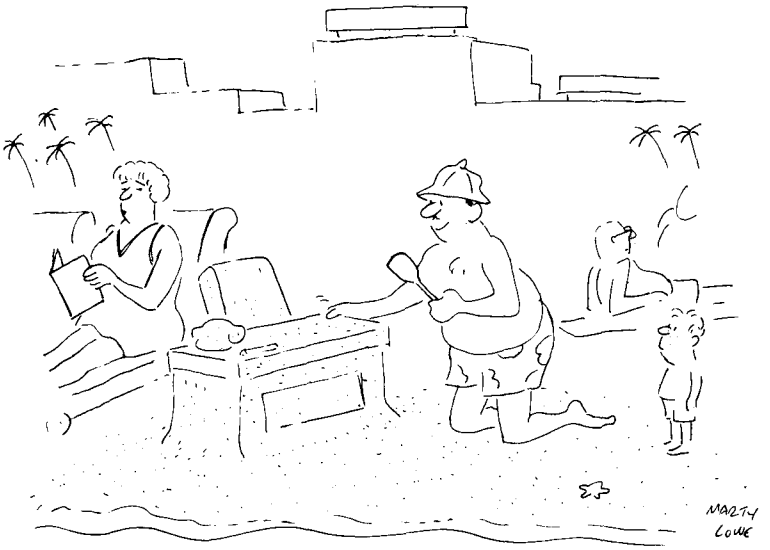
"I'm going to have to let you go, Clayton. I want to put a file cabinet here."



"...and to my nephew, whom I promised to remember, 'Hi there, Tony!' "



"It has recently been brought to my attention, McNulty, that you're a depressing person to work with."



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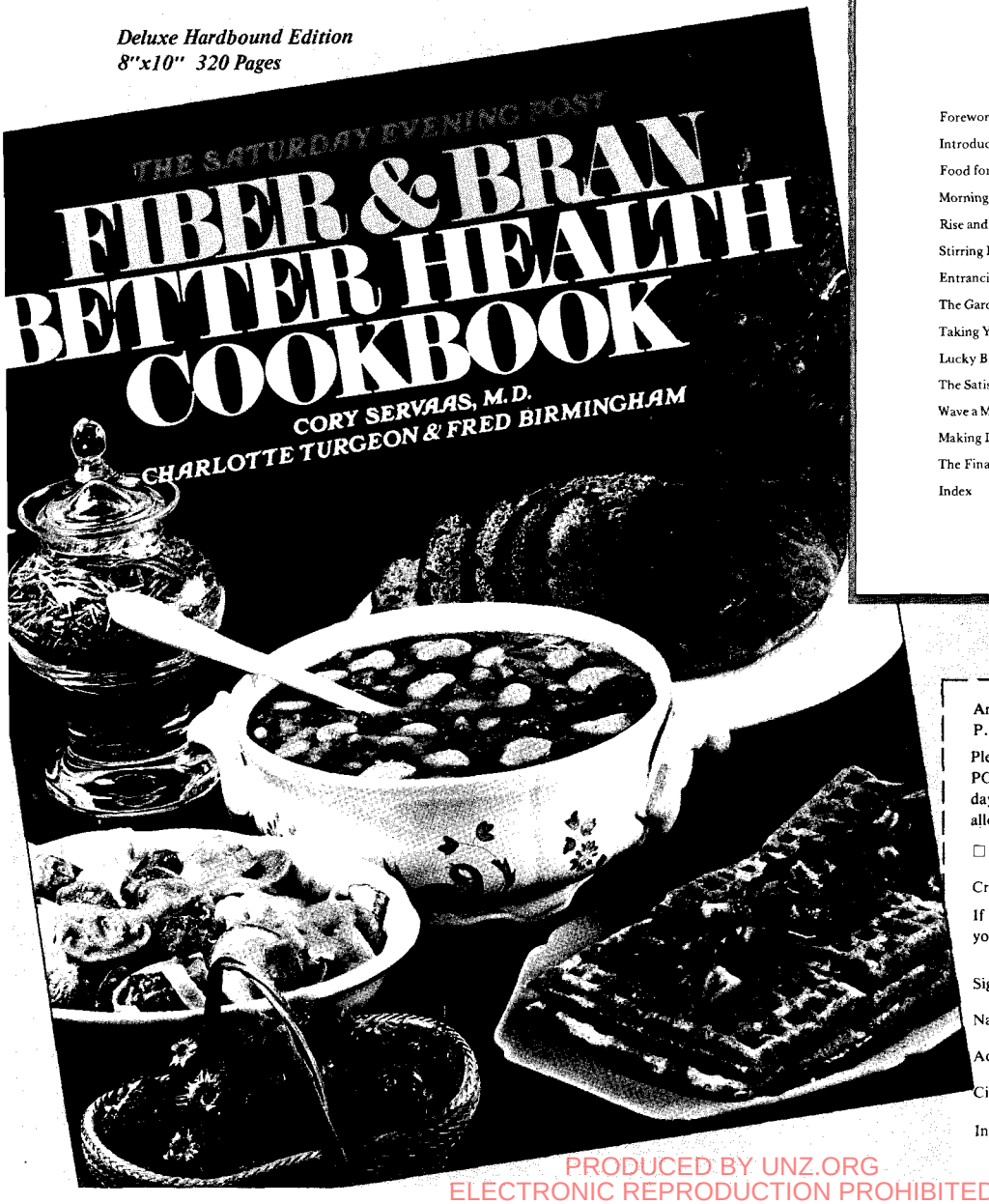

Contents

Foreword	vii
Introduction	xi
Food for Thought: More Than Lip Service	1
Morning Glories: Pancakes, Waffles and Coffee Cakes	11
Rise and Shine: Breads, Quick Breads and Muffins	27
Stirring Experiences: Soups and Chowders	71
Entrancing Entrees: Luncheon and Dinner Dishes	89
The Garden of Earthly Delights: Vegetables and Grains	123
Taking Your Leaves: Salads and Salad Dressings	153
Lucky Breaks: Snacks, Sandwiches and Beverages	173
The Satisfying Conclusion: Desserts and Candies	191
Wave a Magic Wand: Microwave Cookery	217
Making Light of It: The High-Fiber, Low-Calorie Diet	235
The Final Reckoning: A Reference Chapter	273
Index	293

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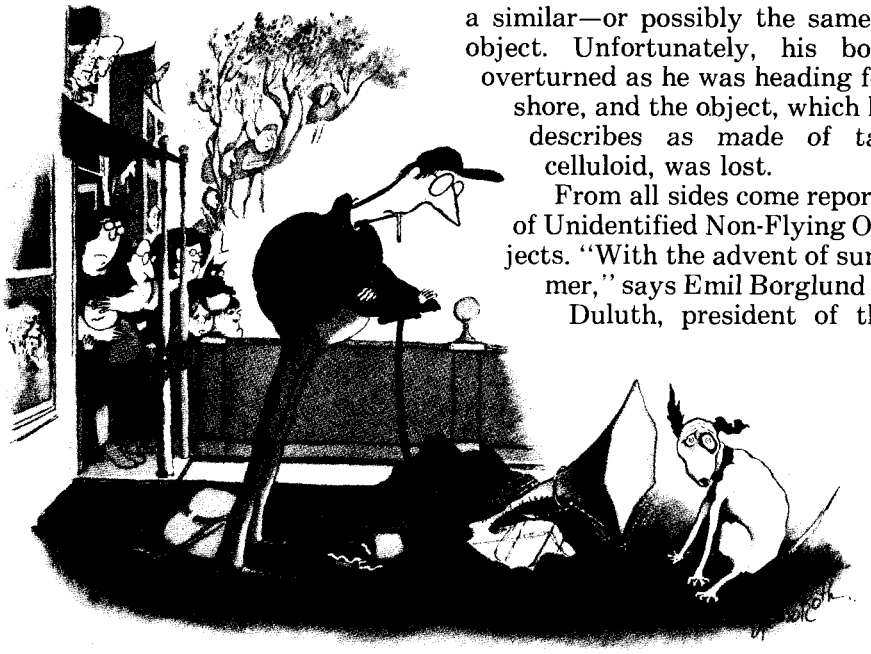
WHAT'S BEHIND THOSE U.N.F.O.s?

They come in assorted shapes and sizes, and some smell like airplane glue. They appear to be harmless, but who can tell?

by Will Stanton



It was an otherwise normal Monday morning in Elsie, Oklahoma. Assistant bank manager Clay Trowbridge unlocked the vault of the Farmers' Trust to find inside a 4½-foot scarecrow made of some sort of crockery. With two tellers as witnesses, he relocked the vault and summoned the bank examiner—only to find, on reopening the vault, that the scarecrow had disappeared.

In Surfeit, Nebraska, housewife Marian Causey discovered an unidentified saddle-shaped object while defrosting her freezer. She placed it in the garage to show to her husband when he got home from work, but it was accidentally picked up by the trash man. Mrs. Causey remembers it as being pale beige and sticky to the touch.

A week later, fisherman Al Selznik was trolling for muskie in Lac Petite, Wisconsin, when he hooked a similar—or possibly the same—object. Unfortunately, his boat overturned as he was heading for shore, and the object, which he describes as made of tan celluloid, was lost.

From all sides come reports of Unidentified Non-Flying Objects. "With the advent of summer," says Emil Borglund of Duluth, president of the U.N.F.O. Society, "we expect an increase in sightings. But it's not just a seasonal thing. It can happen to anybody at any time. The society's goal is to inform the public and put pressure on the authorities. We feel the authorities have been remiss."

While some cases can be written off as hoaxes, mass hysteria and coincidence, Borglund said, there is a hard core of authenticated sightings for which there is no valid explanation.

Consider the case of Althea Campbell of Tucson, Arizona, a retired schoolteacher. She found a U.N.F.O. while going through a desk she purchased at an auction. It looked like a child's hat, she reported, appeared to be made of petrified wood and gave off a low humming sound. Miss Campbell promptly mailed it to the FBI.

Questioned, the FBI denied any knowledge of the object. A spokesman pointed out, however, that there was "no known reason" why a piece of petrified wood should not be shaped like a child's hat. He said an average of 12,000 persons each year reported low humming sounds and the FBI policy was to ignore them. (The Air Force stated that weather balloons have been known to emit a kind of humming which might be heard over a great distance in a dry climate such as Arizona's.)

Equally puzzling is the case of Mrs. Carlton Mingus. While cleaning her summer home in Maine, she found an object she was unable to account for. She described it as "sort of like a soufflé, only green." She showed it to Mr. Mingus, who was also baffled. He took it into town and displayed it to Mr. L.V. Endicott, owner of a local department store. Endicott said he had never seen anything like it. On the way home, Mr. Mingus stopped at the apartment of Mrs. Norma Hostetter for the purpose of examining her clothes dryer. Returning to his car an hour or so later, he discovered that the object, which he had left on the front seat, had disappeared.

A spokesman for the Quartermaster Corps said that, from the description, it might well have been an Army M1 sponge that had been used to wipe up some green paint. The Air Force said the description tallied with that of an experimental buffering device which might have fallen from a weather balloon. Asked how it could have gotten under the tub, the public information officer suggested maybe tramps.

The night following the sighting, Mrs. Mingus says she was awakened at 2 a.m. by a voice she described as "definitely foreign" saying, "Foncie, play it one more time." She awakened Mr. Mingus, who listened for half an hour but was unable to hear anything.

"I never used to believe all this stuff," Mrs. Mingus told reporters, "but I'm a believer now."

Rumors that U.N.F.O. sightings are "unlucky" may be traceable to cases like that of Lou Welter, of Julienne, Maryland. Welter had just bought a used car and was tak-

Continued on page 116

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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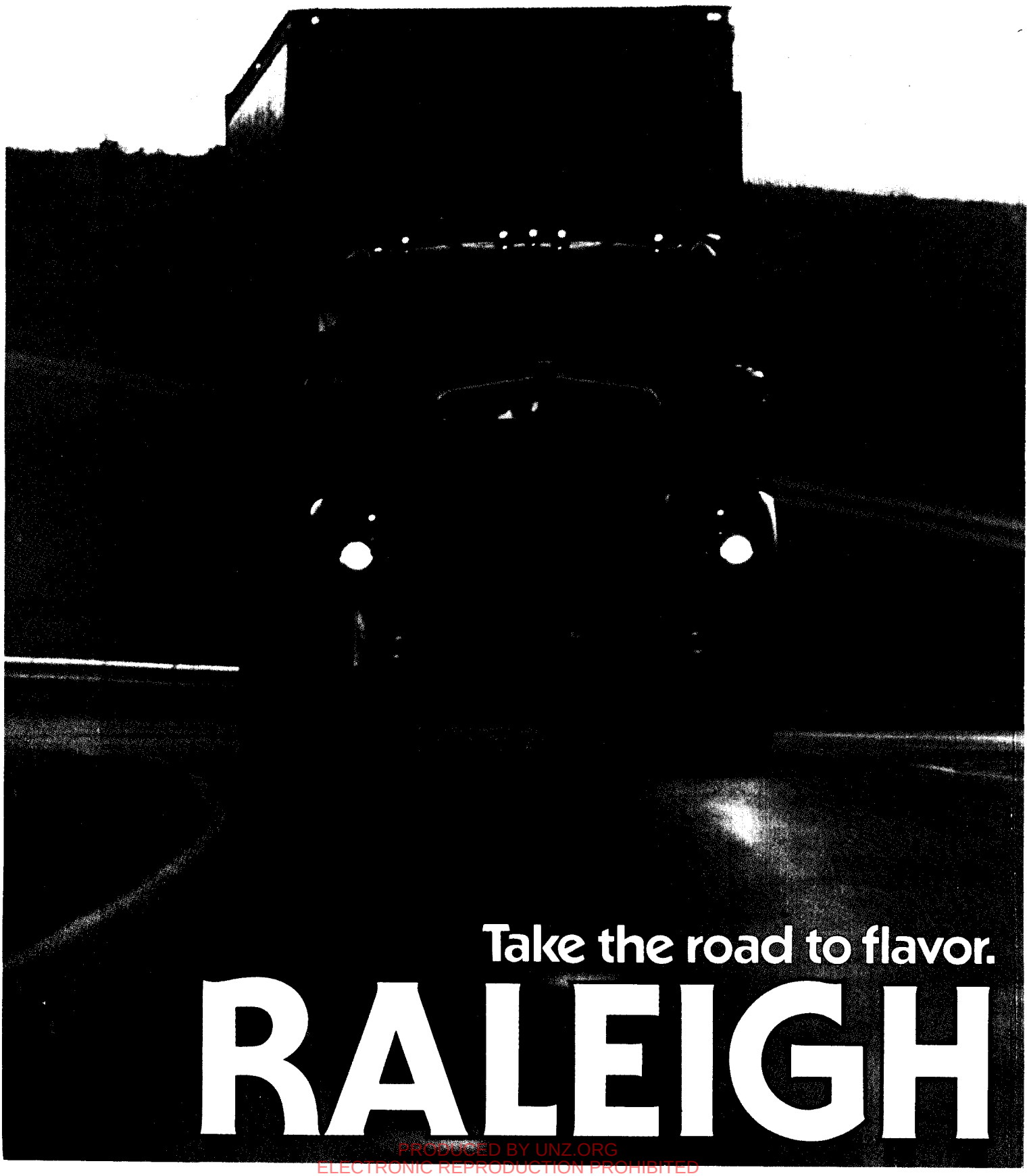

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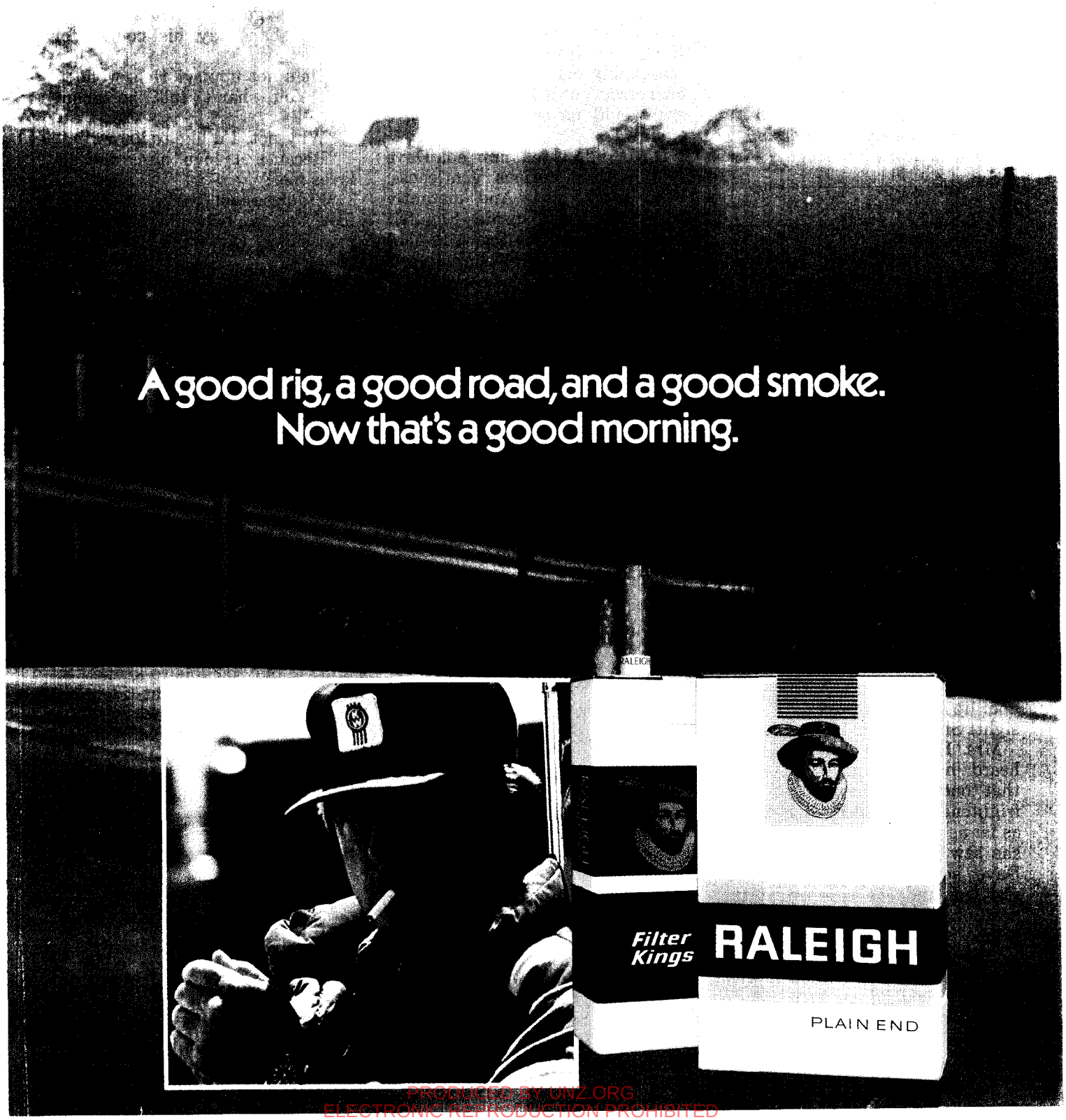

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COMEUPPANCE

"He'd ought to have kept his mouth shut. . . .No captain's going to let an uppity fo'm'st hand lay his course for him!"

by Ben Ames Williams

Illustrated by Anton Otto Fischer

Ellen thought young Dave Swain was the smartest man she knew—he'd told her so himself. But even she was upset when his advice angered her father into grounding the Ethan Peters *on the shoals near Nantucket.*

Conclusion

They grounded on Nantucket South Shoal an hour or so after sunrise that July morning; and after the loose odds and ends had stopped sliding along her decks, there was a sharp silence everywhere till Mrs. Bissell spoke, scolding her husband. "I declare, papa, you're as stubborn as a mule! He told you!"

Captain Bissell was by habit a meek, long-suffering man, but this first mishap in a long life at sea had upset him. He turned upon her with that fury of which only the mild are capable. "Go below, mamma!" he said, almost shouting. "Button your lip and get out of my sight! Sharp!"

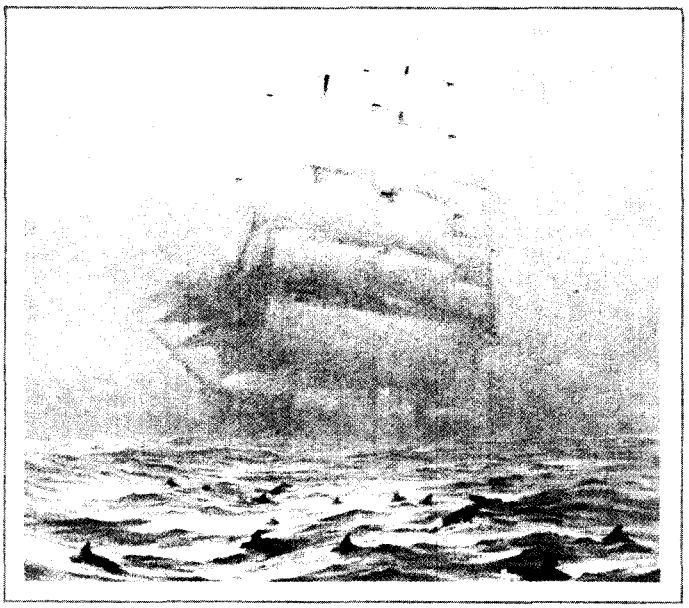
Mrs. Bissell had never heard her husband use that tone before. She scuttled like a frightened hen. Ellen followed her as far as the companion ladder; but she saw her father swing toward Dave so fiercely that she was startled; and she stopped at the head of the companion to see and hear.

"Damn your eyes, Swain!" said Captain Bissell, his voice thin with rage. "If you'd kept your mouth shut, I'd have hauled off long ago!"

Ellen, at that, wanted to laugh in amused and tender understanding. Her father was like a little boy, unreasonably blaming others for his own error; but if Dave told him so, she would never speak to Dave again!

Dave didn't tell him so. Dave said, with a curious gentleness: "I'm sorry, sir." And instantly Ellen felt warm inside. She felt warm all over. She knew, in that moment, that she would always love him.

But Captain Bissell seemed surprised. "Sorry, are you? Don't you



be sorry for me, Swain, or I'll tan your hide! You've as good as wrecked us! You Nantucketers always were half pirate anyway. Get forward out of my sight and stay there."

Dave said: "Aye, aye, sir."

He went, and Ellen loved him; but her father saw her and waved his arms and shouted: "I told you, go below!"

So Ellen did, and her mother must have been listening, for she met Ellen at the foot of the companion, and she cried accusingly: "There, miss, I hope you're satisfied! Nothing would do you but you'd bring that young jackanapes aboard, and now he's wrecked papa's ship!"

Ellen cried, in some bewilderment: "Why, mamma! Dave kept telling papa he was wrong."

"He'd ought to've kept his mouth shut. He knew well enough papa'd do just the opposite. No captain's going to let an uppity fo'm'st hand lay his course for him!"

"He's not uppity! He's wonderful! You shan't talk so about Dave!"

"Why not, I'd like to know?"

"Because I love him, and he loves me!"

"Fiddlesticks! Love him, my foot! You're a baby and he's a common sailor. Don't talk falderal to me!"

So Ellen talked no more falderal, but she thought what she pleased. By and by her father came below, still mumbling petulantly; and Mrs. Bissell told him: "Never mind, papa, it wasn't your fault!" She began to comfort her husband and reassure him; and Ellen went on deck to get away from them—and perhaps to see Dave.

Mr. Peterson had the men heaving the 'tween-decks load of sugar overside, and Ellen asked why, and the mate explained: "Why, if we can lighten her enough, we may be able to kedge her off on the night tide. She just caught the southern tip of the shoal. There's good water not two boat lengths to starboard." He added, with a chuckle: "Your friend Swain says the wind's likely to haul northwest this afternoon. That may help us."

She looked at him in some concern. "Did he—tell you?"

"No. I asked him." He touched her shoulder reassuringly. "He's all right, Ellen. You stick to him."

So she was happy, and she went to watch the cascade of cargo over the rail. The boxes of sugar settled slowly till they were submerged,

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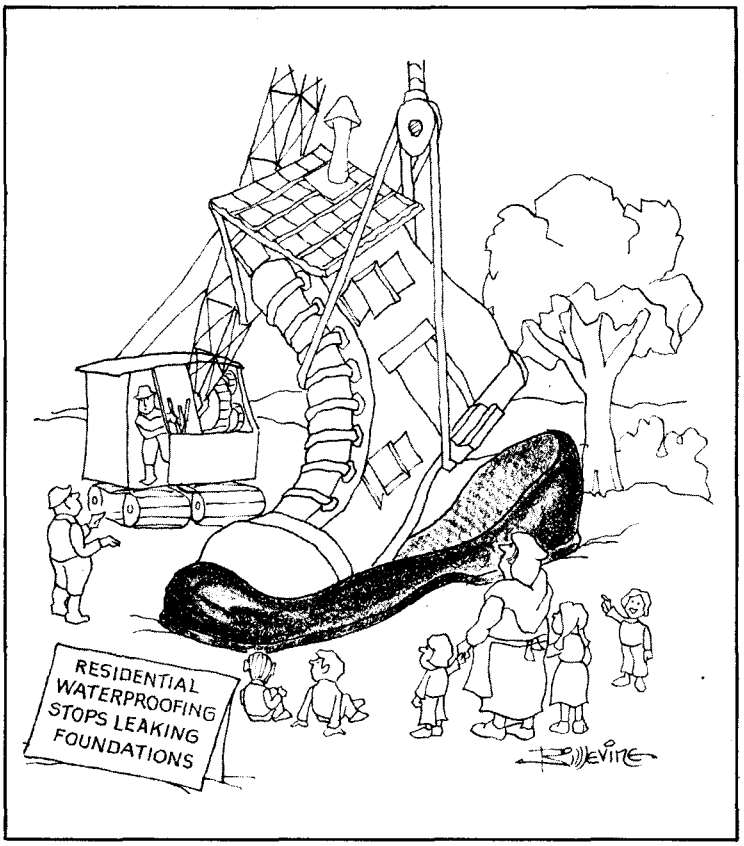
then sank more swiftly out of sight. The fog seemed to tighten smotheringly around the ship, and alongside, the gray sea slopped and swirled, and she could see the steady race of the tide. She wanted Dave to come and take her in his arms and let her tell him how wonderful he was. She watched him working like four men, and her eyes drew his; and when he looked toward her, she beckoned him, but he shook his head, working like six men, as though to show her he could not be spared.

Then her mother gripped her arm hard enough to hurt, and said sharply: "That's enough of that, Ellen Bissell! I'll have no such goings-on by any daughter of mine! Now you just march yourself right down into your cabin, and you stay right there!"

Ellen was in fact almost a prisoner till they left the ship two hours after dark that night. There was, when they embarked in the longboat, not a whisper of wind, no hint of immediate danger; and it is not the fit and proper thing for a captain to abandon his vessel under any such circumstances; but for that desertion, Mrs. Bissell was responsible. She had pointed out from the first that the sensible thing was to row ashore to Nantucket and send a steamer to pull the *Ethan Peters* off the shoals. "If it breezes on," she argued, "the sea will do a clean breach over us, break the ship to pieces in no time and drown us all." Dave pulled a bow oar, and Ellen knew every line of him in the darkness. Behind them almost instantly the *Ethan Peters* was lost in the recesses of the fog.

There was, when they left the stranded vessel, no breeze at all, but before they had made a third of the dozen miles to shore, the air came to life, the fog began to blow away and the sea to rise, and they heard all around them in the darkness the pound and roar of breakers on the many lesser bars and shoals. The breeze came strong and stronger, and the roaring barrier of the Old Man lay at last fairly across their path. Once or twice solid water lipped the gunwales, and a man was kept bailing steadily; and toward one o'clock in the morning, a gust that was half a gale struck them like a flattened hand and stopped them in their tracks. They anchored off the north end of the Old Man till that gust blew itself out, and then went on, and by littles they came at last into the island's lee.



When they landed on the beach below Siasconset, Dave was the first man ashore; and while others hauled the boat up on the sand, he ran ahead to rouse the village. Sleepy fishermen with lanterns appeared to meet them as they climbed the sandy path from beach to level ground.

Ellen looked for Dave among them, but he did not appear. Captain Bissell wished to move his men and himself across the island to Nantucket town at once, so that they might be ready to go off to the ship in the morning; and the mate began to arrange for transportation. They waited in the little square by the village pump while horses were being harnessed, and a few drowsy folk gathered around them asking questions, and presently the first vehicle appeared: a two-wheeled cart drawn by a weary horse.

Mrs. Bissell till now had kept Ellen strictly by her side, but in her impatience to be away, moving forward toward the cart, she forgot the girl for a moment. In that moment Dave touched Ellen's arm. She turned. He made a sign of silence and beckoned; and Ellen, suddenly deeply happy without knowing why, followed him.

Ellen whispered a question to Dave, and Dave said: "Sh! Come where they can't see you. You're staying here with me."

He led her around behind one of the small cottages, and left her there and turned back to give a quick word of instruction to someone. Then Mrs. Bissell cried: "Ellen! Ellen, where are you?"

Before Ellen could speak, Dave caught her arm for silence; and the man to whom Dave had spoken answered Mrs. Bissell, "The young lady went in the first wagon, with the mate, ma'am."

Ellen wanted to laugh! She was trembling with a happy excitement, sure that something pleasant was going to happen. She did not know what this was all about, but it was fun; and it served her mother and father right for blaming Dave! The moon was shining more and more brightly through the thinning clouds, and there was a rosebush fragrant somewhere near where she stood, and Dave was here beside her, his hand upon her arm. She heard her mother chattering resentfully, her shrill voice receding as the cart departed; and then Dave brought an old man to where Ellen stood and made introductions.

"Ellen, this is Cap'n Fred. He's

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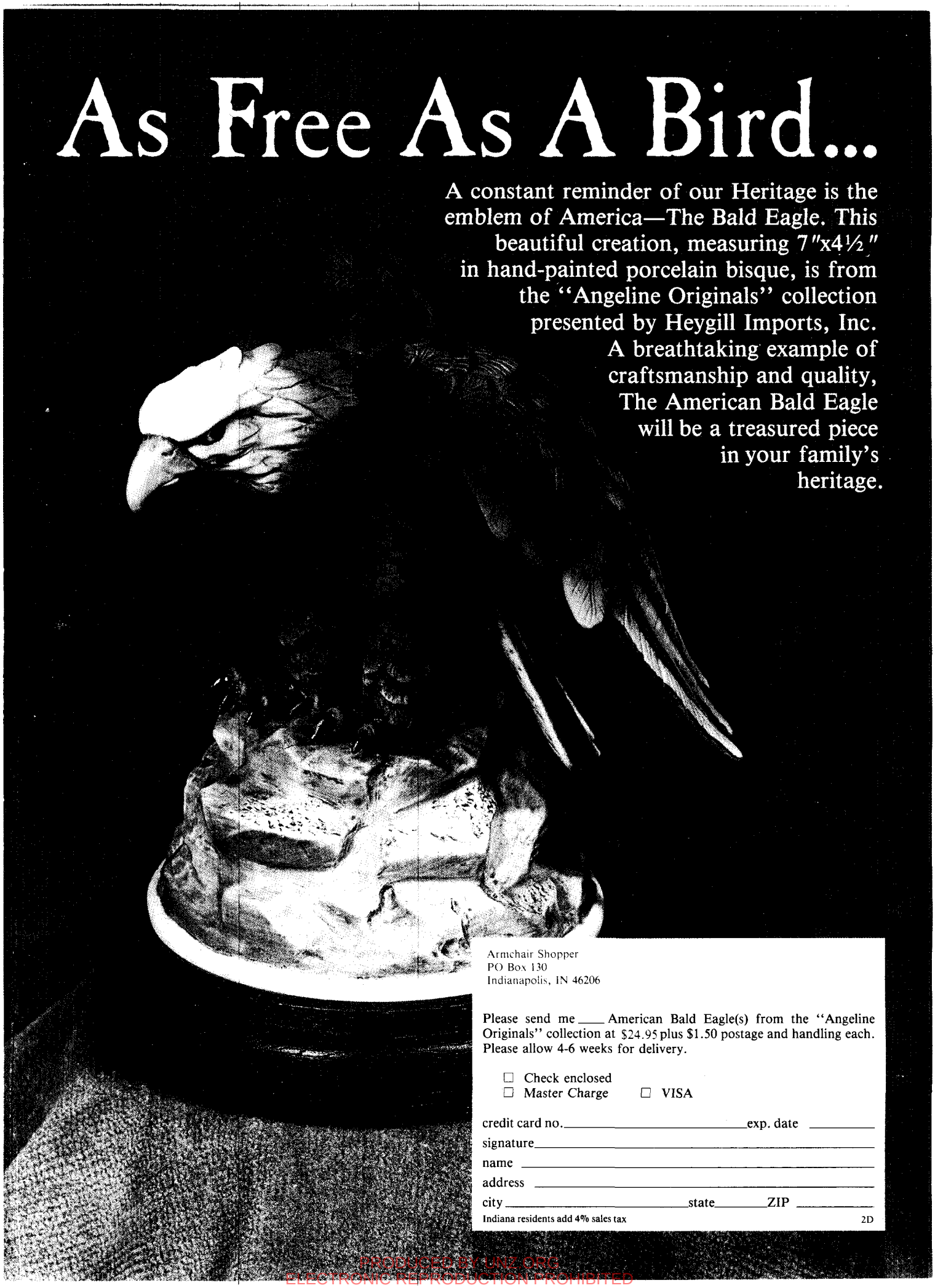

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my uncle." Ellen shook a horny hand that felt like a gnarled root when she took it in hers; and Dave told her swiftly: "Now don't talk. We've got to hurry!" He caught Ellen's hand and they turned, half-running down the steep bank to the beach again. Ellen tried to ask questions; but Dave promised to tell her all about it presently. He lifted her bodily into a dory, and half a dozen men piled in, and they rowed off to a fishing sloop at anchor here.

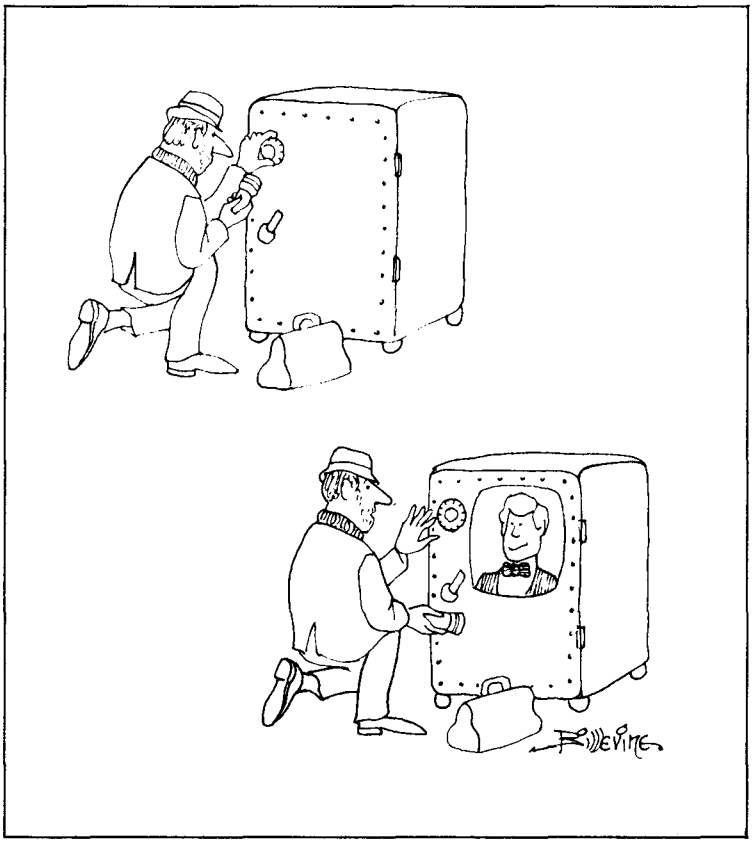
"But, Dave, where are we going?" she protested.

He spoke quickly, in a way that made her tremble. "With me," he answered. "Isn't that enough?"

"We-ell," she murmured. "yes, but—I'd like to know."

"Wait and see," he told her. "Wait and see! Look at the moon. You don't really care where we're going. It's a fine night for a sail."

So she was silenced, and within 15 minutes after her father and mother had driven away toward Nantucket town, Ellen and Dave, with Cap'n Fred at the helm and four other men aboard the sloop, once more put to sea.



Ellen forgot her questions with Dave so close beside her; and a long hour slipped away like a happy moment, and then Cap'n Fred said suddenly: "Looks like you made a good guess, Dave. We're handy—and she's gone!"

Dave came swiftly to his feet, and Ellen, too. The east was streaked with the first hues of dawn; the moon rode high. Dave laughed and pointed; and Ellen saw some light-colored objects on the water ahead of them, a thin line of them leading away into the distance. She asked: "What are they, Dave? Where are we?"

"That's South Shoal off there, Ellen, where your father's ship went aground. Those are the sugar boxes we heaved overside. The sugar's had time to dissolve; so they're coming to the surface, drifting away."

"But, Dave," she protested in a stark surprise, "where's the ship?"

"Waiting for us! We came on a long chance, Ellen. I thought that squall that struck us while we were rowing ashore might have heeled the ship over enough to suck her keel out of the sand and slide her off the shoal. It was flood tide two hours before the squall hit; but you can't tell about tides around Nantucket, not always. I thought it might, and it did!"

"But where is she?"

"Why, with her sails the way they were, and her helm secured, she'd go to sea all by herself." He held her close. "So we'll just borrow her for our honeymoon!"

"Can we catch her?"

"Oh, she'll wait for us." He laughed with a deep certainty. "She'll be lonesome without you, Ellen. She always carried a weather helm; so she'll be in stays half the time, dawdling and dandling along."

Ellen appealed to the old fisherman. "Do you think so, Cap'n Fred?"

Cap'n Fred puffed his pipe and spat overside. "Anybody that knowed as much as Dave thinks he knows, he'd be too smart to live. Folks always did say he'd get his comeuppance one of these days." He eyed her in a calm appraisal, and then he chuckled. "Looks to me he had!"

She nodded happily, and turned to Dave; and she stopped asking questions for a while. Cap'n Fred beside them puffed a pipe that was comfortably rank and foul, and politely looked straight ahead. The other men were forward, sitting on the deck, asleep or mumbling drowsily. Ellen and Dave watched the moon scud across the sky, and together they watched the wide sweep of the moonlit sea, and they talked of this and of that, or, more often, of nothing at all.

Only once the whole time Ellen remembered guiltily that her father and mother would probably worry about her, and she said so; and Dave said reassuringly: "No, they won't. I wrote a note to your mother. She's got it by this time."

"A note? But what did you tell them, Dave?"

"Why, I simply told them that you were going to run away to get married to me."

Then, before she could reply, Cap'n Fred said, mumbling almost inaudibly into his pipe stem: "There she be, Dave!"

Dave leaped to his feet to look; then he laughed aloud, a joyful, assured sound; he told Ellen: "And we'll send word to your father that his son-in-law is sailing the *Ethan Peters* to Boston and that we'll see him there!"

"But, Dave, you're not his son-in-law yet!"

"I will be, by the time he gets back to Boston, Ellen," he promised her solemnly.

Then he smiled broadly. "Don't worry," he said, "I never tell anybody anything unless I'm dead sure."

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INVESTIGATIVE REPORT

By
Larry Billings
Staff Correspondent

We have heard many favorable reports concerning Nationwide Lead Service, a marketing company in Appleton, Wisconsin.

Since so many of you requested additional information about Nationwide Lead Service, we have sent Larry Billings to Appleton, Wisconsin to personally investigate. He returned with a very impressive report that can be the key to new money making opportunities.

Nationwide Lead Service sells a book of 100 film certificates redeemable for 100 rolls of either Kodak or Fuji Color Print Film. The books cost $3.00. Sounds incredible? It's true!!

What really impresses the customers is that the processing cost for the film is right in line with the major discount houses, and the processing costs are guaranteed not to change for at least 2 years.

What Nationwide Lead Service recommends is placing the film books in beauty salons and having the beauticians sell them to their customers for approximately $20.00 each.

Nationwide Lead Service's film certificate books sell really fast since it is very difficult to turn down an offer for 100 film certificates, good for 100 rolls of Kodak or Fuji Color Print Film in any size or exposure, for only $20.00.

Generally, the beautician gets $2.00 per sale, and since the books cost you $3.00, that leaves a net profit of $15.00 for you.

Some distributors have set up telephones and sell directly to the public and the telephone sales person earns $2.00 per sale. Experienced telephone representatives can sell 8 to 10 film books per hour, which nets them $16.00 to $20.00 per hour.

Nationwide Lead Service provides a 30 second telephone script that gets excellent results.

Some distributors are selling the film books directly to motels. The motels then offer the film books to their guests at a reduced cost or free, when the guests extend their stay for an additional day. Nationwide Lead Service provides a tent card that goes into each motel room. The card states: "100 Film Certificates Redeemable for 100 Rolls of Color Print Film. For our guests only. Inquire at Desk."

When the motel guest inquires at the desk about the film offer, the desk clerk merely shows the film book. Generally the guest will stay another day or purchase the film book outright at a reduced cost.

The Hyannis Town House Motor Inn located in Hyannis, Mass. has incorporated these film books in their seven motels on Cape Cod.

Another strong marketing tool for the film certificate books is fund raising. Since practically every household has a camera, a fund raiser can have a field day with this method.

The marketing director for Nationwide Lead Service is Gordon Gill. We were impressed by the personable manner in which customers are handled by Mr. Gill and his staff. We have had numerous compliments on how well his company is organized. He understands the direct sales market like few people we have known. When talking to him, or his representatives, you get the honest facts with no run-around.

I personally suggested to Mr. Gill that he put together a special report on the different methods of marketing the film books. This report is now available and is free, of course, to all of his customers.

The minimum order is 50 film books at $3.00 each. However, on your first order only, if you purchase 100 film books Nationwide Lead Service sends you an additional 50 film books at no cost. You also receive two posters which can be placed in beauty salons or other retail outlets. The poster states: "100 Rolls of Color Print Film."

Unfortunately, Nationwide Lead Service has not expanded to all areas; we suggest calling Nationwide Lead Service to find out if the program is available in your area. If it isn't, you can be put on a waiting list, and they will contact you when it is available. This is done on a first come first serve basis.

When ordering the film books, you may use your VISA or MasterCard. Also, Nationwide Lead Service has liberal credit terms. They are well worth talking to: their toll-free telephone number is 1-800-558-3483.

FOR ADDITIONAL INFORMATION

Name _____

Address _____

City _____ State _____ Zip _____

Telephone Area Code No.(___ ___ ___) _____

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P.O. Box 2712
Appleton, WI 54913

SP-4

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ADVENTURES OF THE MIND

Altruism: Self-Sacrifice for Others

By LEWIS THOMAS, M.D.

Altruism has always been one of biology's deep mysteries. Why should any animal, off on its own, specified and labeled by all sorts of signals as its individual self, choose to give up its life in aid of another being? Nature, long viewed as a wild, chaotic battlefield swarming with more than 10 million different species, comprising unnumbered billions of competing selves locked in endless combat, offers only one sure measure of success: survival. Survival, in the cool economics of biology, means simply the persistence of one's own genes in the generations to follow.

At first glance, it seems an unnatural act, a violation of nature, to give away one's life, or even one's possessions, to another. And yet, in the face of improbability, examples of altruism abound. When a worker bee, patrolling the frontiers of the hive, senses the nearness of an intruder, its attack is pure, unqualified suicide; the bee's sting is barbed, and in the act of pulling away, the insect is fatally injured. Among other varieties of social insects, such as ants and higher termites, there are castes of soldiers for whom self-sacrifice is an everyday chore.

It is easy to dismiss the problem by saying that altruism is the wrong technical term for behavior of this kind. The word is a human word, strung together to describe an unusual aspect of human behavior, and we should not be using it for the behavior of tiny machines, mindless automata. A honeybee has no connection to creatures like us, no brain for figuring out the future, no way of predicting the inevitable outcome of that sting.

But the mind of a single bee, not to mention the 50,000 or so connected minds of a whole hive, is not so easy to dismiss. A bee can tell the time of day, calculate the geometry of the sun's position, argue with other bees about the best location for the next swarm, even anticipate the movements of a Princeton biologist who is shifting a dish of sugar further and further from the hive. Bees do a lot of close observing

Dr. Lewis Thomas' masterful essays have earned him a reputation as a modern-day Montaigne. His close scrutiny of the biological world has led to unique observations about human society and behavior, which he expresses in his writings. His essay collections, *The Lives of a Cell* and *The Medusa and the Snail,* have received acclaim from both the scientific and literary communities, the former winning the National Book Award in 1974. Dr. Thomas, a New York native, attended Princeton University and Harvard Medical School and has held posts at numerous universities and hospitals. He is also a member of the National Academy of Sciences. Dr. Thomas is currently chancellor of the Memorial Sloan-Kettering Cancer Center in New York.

Photography by Bob Isear

About the Author

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of other bees; maybe they know what follows stinging and do it anyway.

Altruism is not restricted to the social insects, in any case. Birds risk their lives, and sometimes lose them, in efforts to distract the attention of predators from the nest. Among baboons, zebras, moose, wildebeests and wild dogs there are always stubborn, doomed guardians, prepared to be done in first in order to buy time for the herd to escape.

It is genetically determined behavior, no doubt about it. Animals have genes for altruism, and those genes have been selected in the evolution of many creatures because of the advantage they confer for the continuing survival of the species. It is, looked at in this way, not the emotion-laden problem that we feel when we try to put ourselves in the animal's place; it is just another plain fact of life, perhaps not as hard a fact as some others, something rather nice, in fact, to think about.

J.B.S. Haldane, the eminent British geneticist, summarized the chilly arithmetic of the problem by announcing, "I would give up my life for two brothers or eight cousins." This calculates the requirement for ultimate self-interest: the preservation and survival of an individual's complement of genes. Biologists—Trivers, Hamilton and others—have constructed mathematical models to account nicely for the altruistic behavior of social insects, quantifying the profit for the genes of a defending bee in the act of tearing its abdomen apart. The hive is filled with siblings, ready to carry the *persona* of the dying bee through all the hive's succeeding generations. Altruism is based on kinship: by preserving kin, one preserves one's self. In a sense.

Haldane's prediction has the sound of a beginning sequence: two brothers, eight (presumably) first cousins and then another series of much larger numbers of more distant relations. Where does the influence tail off? At what point does the sharing of the putative altruist's genes become so diluted as to be meaningless? Would the line on a graph charting altruism plummet to zero soon after those eight cousins, or is it a long, gradual slope? When the combat marine throws himself belly-down on the live grenade in order to preserve the rest of his platoon, is this the same sort of altruism, or is this an act without any technically biological meaning? Surely the marine's genes will be blown away forever; the statistical likelihood of having two brothers or eight cousins in that platoon is vanishingly small. And yet there he is, belly-down as if by instinct, and the same kind of event has been recorded often enough in wartime to make it seem a natural human act, normal enough, though rare, to warrant the stocking of medals by the armed services.

At what point do our genetic ties to each other become so remote

"Altruism is based on kinship; by preserving kin, one preserves one's self. In a sense."

that we feel no instinctual urge to help? I can imagine an argument about this, with two sides, but it would be a highly speculative discussion, not by any means pointless but still impossible to settle one way or the other. One side might assert with total justification that altruistic behavior among human beings has nothing at all to do with genetics, that there is no such thing as a gene for self-sacrifice, not even a gene for helpfulness or concern or even affection. These are attributes, they would say, that must be learned from society, acquired by cultures, taught by example. The other side could maintain with equal justification, since the facts are not known, precisely the opposite position: We get along together in human society because we are genetically designed to be social animals, and we are obliged by instructions from our genes to be useful to each other. This side would argue further that when we behave badly, killing or maiming or snatching, we are acting on misleading information learned from the wrong kinds of society we put together; if our cultures were not deformed, we would be better company, paying attention to what our genes are telling us.

For the purposes of this essay, I take the side of the sociobiologists, who contend that human behavior is genetically controlled, because I wish to carry their side of the argument a certain distance afield, beyond the human realm. I have no difficulty in imagining a close enough resemblance among the genes of all human beings, of all races and geographical origins, to warrant a biological mandate for each of us to do whatever we can to keep the rest of the species alive. I maintain, despite the moment's evidence against the claim, that we are born and grow up with a fondness for each other and that we have genes for that. We can be talked out of that fondness, for the genetic message is like a distant music and some of us are hard of hearing. Societies are noisy affairs, drowning out the sound of ourselves and our connection. Hard of hearing, we go to war. Stone deaf, we make thermonuclear missiles. Nonetheless, the music is there, waiting for more listeners.

But the matter does not end with our species. If we are to take seriously the notion that the sharing of similar genes imposes a responsibility on the sharers to sustain each other, and if I am right in guessing that even very distant cousins carry at least traces of this responsibility and will act on it whenever they can, then the whole world becomes something to be concerned about on solidly scientific, reductionist, genetic grounds. For we have cousins more than we can count, and they are all over the place, run by genes so similar to ours that the differences are minor technicalities. All of us—men, women, children, fish, sea grass, sandworms, dolphins, hamsters and soil bacteria, everything alive on the planet—roll ourselves along through all our generations by replicating DNA and RNA, and although the alignments of nucleotides within these molecules are different in different species, the molecules themselves are fundamentally the same substance.

This is, in fact, the way it should be. If cousins are defined by common descent, the human family is only one small and very recent addition to a much larger family in a tree extending back at least 3.5

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billion years. Our common ancestor was a single cell from which all subsequent cells derived, most likely a cell resembling one of today's bacteria in today's soil. For almost three-fourths of the earth's existence, cells of that first kind were the only life there was. It was less than a billion years ago that cells like ours appeared in the first marine invertebrates, and these were somehow pieced together by the joining up and fusion of the earlier primitive cells, retaining the same bloodlines. Some of the joiners, bacteria that had learned how to use oxygen, are with us still, part of our flesh, lodged inside the cells of all animals, all plants, moving us from place to place and doing our breathing for us. Now there's a set of cousins!

Even if I try to discount the other genetic similarities linking human beings to all other creatures by common descent, the existence of these beings in my cells is enough, in itself, to relate me to the chestnut tree in my backyard and to the squirrel in that tree.

There ought to be a mathematics for connections like this before anyone claims any kinship function, but the numbers are too big. At the same time, even if we wanted to, we cannot think the sense of obligation away. It is there, maybe in our genes for the recognition of cousins or, if not, because we have learned about the matter. Altruism, in its biological sense, is required of us. We have an enormous family to look after, or perhaps that assumes too much, making us sound like official gardeners and zoo keepers for the planet, responsibilities for which we are probably not yet grown-up enough. We need new technical terms for concern, respect, affection, substitutes for altruism. But at least we can acknowledge the family ties and, with them, obligations. If we do it wrong, scattering pollutants, clouding the atmosphere with too much carbon dioxide, extinguishing the thin carapace of ozone, burning up the forests, dropping the bombs, rampaging at large through nature as though we owned the place, there will be a lot of paying back to do and, at the end, nothing to pay back with.

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Mein Grossfader's Fable Tellen

Das Thiefenstealer und der Pooch

Ein sneakisch thiefenstealer ben upcreepen in der deepisch nighten mit robben ein haus. Suddenisch ein poochenpup guarden das haus ben outgaben mit der loudisch barken!

Das thiefenstealer ist tossen breadencrusters mit stoppen der barken. Der barken ist nicht stoppen.

Das thiefenstealer ist tossen meatenscrappers mit stoppen der barken. Der barken ist nicht stoppen.

Finalisch, der loyalisch pooch ben arousen das sleepen master. Ach! Das master ist rushen to ein window und shooten mit der bangenspitter!

Der Lesson: Stoppen der barken ben simplisch mit ein gun.

Das Wolf und der Lambkin

Ein grosser wolf ben drinken mit uplappen der wasser in ein creeker. Suddenisch ein smallisch lamb ist appearen und drinken.

"Stoppen das muddlen mein wasser!" das wolf ben yellen.

"Dummkoff!" der lambkin ben answeren. "Meinself ist downstreamisch und mein muddlen nicht ben upmessen der wasser yourselfer ist drinken."

Das wolf ben sitten mit deepisch thinken. "Ach, Himmel!" das wolf ben exclaimen. "Der lambkin ist smartisch."

Mit approachen der lambkin, das wolf ben proposen ein dinner. Der lambkin ist accepten.

Der Lesson: Even smartisch lambkins ist maken awfulisch mistookers.

Das Fader und der Youngisch Son

Ein fader ben despairen mit watchen der youngisch son smoken der zigarettens und carousen mit der *Frauleins.* Himmel! Das fader ist beggen der son ist reformen und pleaden mitout succeeden. Finalisch, ein teacher ist reminden das fader, "Benden ein twigger ist trainen der growen."

Das fader ist strainen mit forcen der benden. Ach! Der trainen ben worken, und soonisch das twigger ist growen mit pleasen das fader! In der meantimers, der youngisch son ist rootentooten und raisen der roofen mit landen insiden ein jailenhaus.

Der Lesson: Das sap ben risen in der wrongisch twigger.

—*Dave Morrah*

Ode to an Anchovie

O, little fish! Champion you, I
would, as there on pizzas reclin'd—
misunderstood,
rejected—maligned
By those who (in ignorance) shut
you away by ordering,
"Everything *but*. . . ."
O, briney bite! First, an answer
I need as I, who struck this poor
ballad plead,
"Why are you in my Caesar's
salad?"

—*Cecile Julian*

Linear Troubles

Whichever line I choose,
I know I'll never win;
The slowest moving line
Is the one I'm standing in.

—*Susan Hart Lanham*

Fast Workers

In Pasadena some years ago, an unintentioned slip of the tongue once resulted in what must surely be one of the most embarrassing wedding-ceremony conclusions of all time. Vows and rings had just been exchanged, and the bride and groom marched out of the chapel

"I'm worried about your father—he's never been gone this *many years before."*

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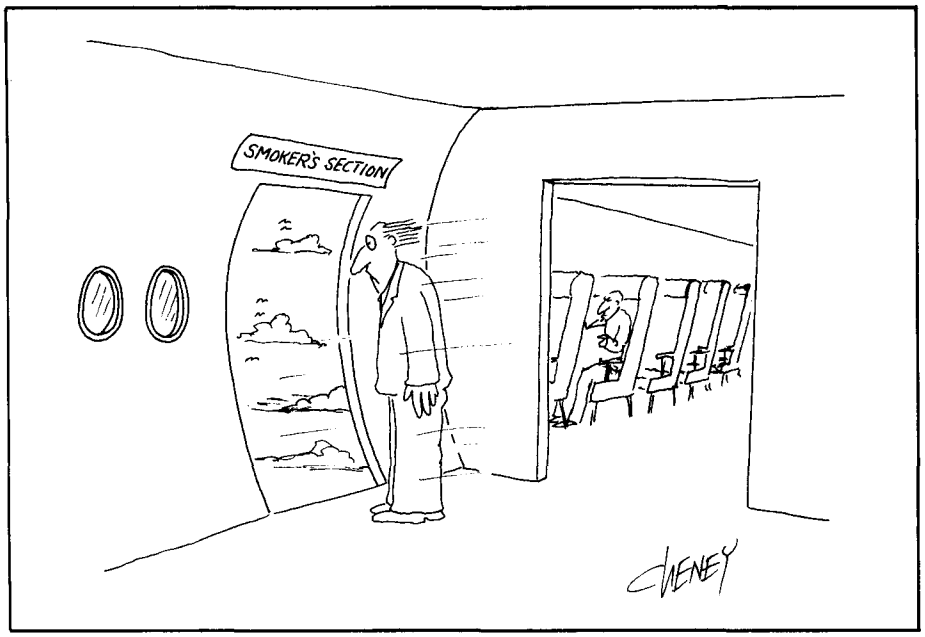

on their way to their wedding reception. Then, with the final chord of the wedding march, the nervous best man stepped up to the pulpit and in clear resonant tones announced: "The parents of the bride and groom wish to thank you for coming today. You are now all invited to the conception, which will take place immediately."

—John Trechak

Un-Parton-able

Q. Do you know how to tell Dolly Parton's baby from all the other babies in the nursery?

A. It's the only one with stretch marks on its lips.

—Sally Jorganson

Prostrate Prose

The student's composition said: "The Queen swept down the staircase in her flowing gown, tripped and fell prostitute on the floor."

The English teacher wrote in the margin: "You must learn the difference between a fallen woman and one who has temporarily lost her balance."

—Kenneth E. Hall

In the Bag

When a 16-year-old who was a bagger at the check-out counter in a supermarket was unhappy with his working hours, he approached the manager of the store and requested a schedule change.

After carefully studying the schedule, the manager shook his head and said: "I'm sorry, Jimmy, but I can't help you. And besides," he added, "you ought to know that baggers can't be choosers."

—Philip Lazarus

Taxing Taxis

To catch a cab,
Is quite a feat;
Frustration
On the city street.
The cabs are there,
You need the ride,
But someone else
Is tucked inside.
At last—success,
Triumphant try,
The empty taxi
Whizzes----------by!

—Lillian Dorian

Anti-Nuke

The only safe fast breeders are rabbits.

—John H. Watson

Ditto

Xerox never comes up with anything original.

—Jill Martin

Highway Traffic Sign

Drive safely—avoid the mourning after.

—Penny Maine

Computer Caprice

Bank computers, boasting
  mentality,
Operate without logicality.
Deposits are figured
As quick as a flash,
But breakdowns are triggered
When drawing out cash.

—Dick Quistorf

Wrong Rank

The family was seated at the table with a man who was a business acquaintance of the father, when the six-year-old blurted out, "Isn't this roast beef?"

"Yes," said the mother, noting his surprised look. "What of it?"

"Well, Daddy said this morning that he was going to bring a big fish home for dinner."

—Helene Levin

Sinner's Seconds

I'd pass temptation by
Without a second glance
If I thought I could rely
On getting another chance.

—May Richstone

Nude Beach Note

When skinny dipping,
  Obese strippers
Might be accounted
  Double dippers.

—E.B. deVito

Full of It

We're waiting for the day when detergent boxes come in four sizes—large, giant, colossal and *full.*

—Dorothea Kent

Auto-matic Memories

It may be great to have total recall, but it's the last thing an automobile manufacturer wants.

—George E. Bergman

Revised Edition

The meek shall inherit the earth,
but the brazen shall protest
  the will.

—Irene Adler

Dentist's Epitaph

Stranger tread this
ground with gravity.
Dentist Brown is filling
his last cavity.

—Stanley Hopkins

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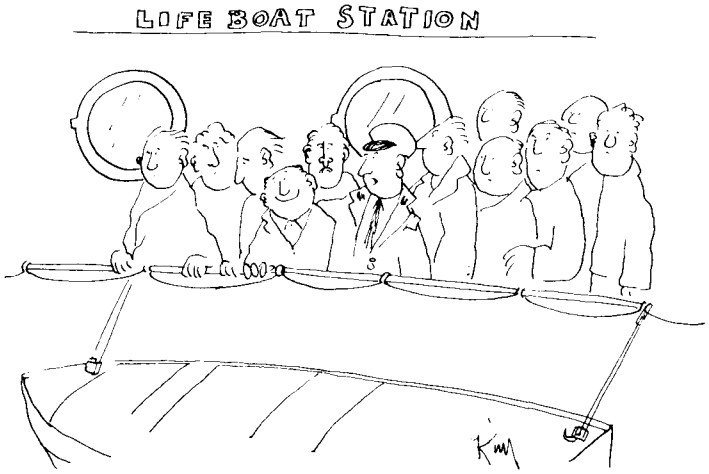
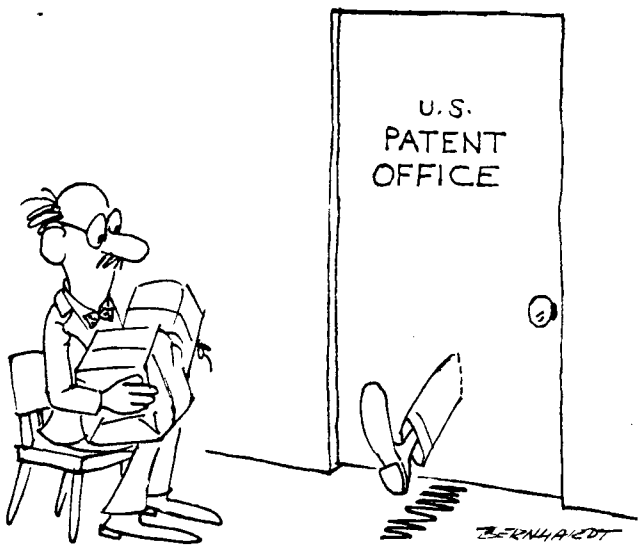
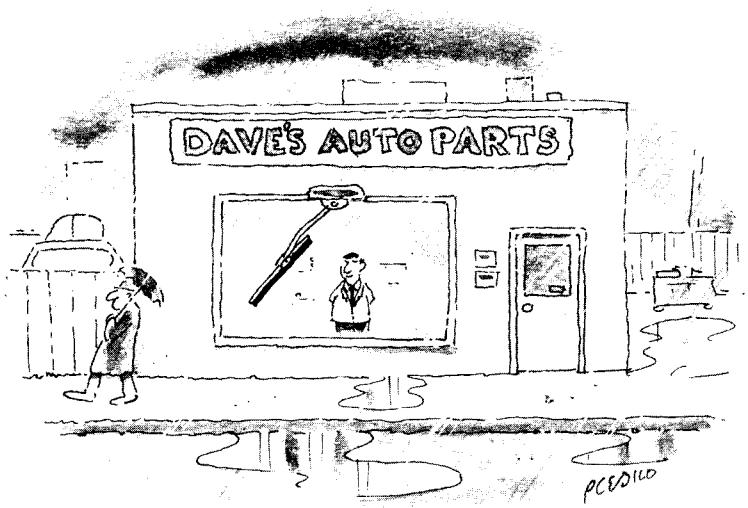


"Since there are no women or children on board, Mr. Aaron here has suggested that we go in alphabetical order."

"Why do we need a compass when the sign says '95 North'?"





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Open Forum

ARE YOU A CAFFEINE ADDICT?

Java junkies, tea tipplers and cola cravers remain largely unaware that they may be hooked on a habit-forming drug.

by Richard H. Zander

Illustrated by Don Trawin

One might say I'm a quitter. I've quit cigarettes, say, five or ten times. But I never thought quitting coffee would be as tough. After the first few days of trial by "cold-turkey" withdrawal, however, I was delighted and amazed at new-found feelings of relaxation and greater self-direction. So impressed was I with the hold coffee once had over me that I decided to do a report on the known mental and physical effects of consuming coffee and other caffeine-containing beverages.

On reading recent medical and scientific reports, I found that caffeine consumption is implicated in a disturbing number of medical problems, including gastrointestinal ailments, heart disease, cancer, psychiatric disorders, kidney disease, low blood sugar and peridontal bone loss. It is involved in day-to-day psychological problems, such as bad school performance by students, and in adult employment difficulties associated with caffeine-induced fatigue, restlessness and worry. Some researchers stated bluntly that caffeine consumption is a physically and mentally burdensome "cultural norm"—a socially encouraged, subliminal drug addiction!

Most people "like" coffee. Eighty percent of the adults in America drink coffee. This compares with only 37 percent of us who smoke cigarettes. Coffee drinkers consume an average of 3.2 cups each day. Seventeen percent of American adults drink five or more cups each day.

We are exposed to caffeine before we are born. Caffeine has been found in the amniotic fluid surrounding the unborn baby. Women having babies are sometimes given large doses of caffeine to counter difficulty in breathing. Their babies, when delivered, often show fast breathing, trembling hands and feet and muscles tense or in spasms. The breast milk of new mothers has been shown to contain caffeine after they drink one or two cups of coffee. Breast milk will contain the most caffeine about one hour after the mother drinks coffee. Caffeine greatly stimulates small children. Infants, however, can eliminate caffeine from their bodies at the adult rate when they reach three or four months of age.

Caffeine is added to food and drink. Pure caffeine, a by-product of the coffee decaffeinating process, is added to soda pop at the rate of two million pounds each year. It is also found in candy, puddings, baked goods and frozen dairy desserts in which it may be identified on the package only as a "flavoring agent." In view of recent medical studies questioning the safety of caffeine, the U.S. Food and Drug Administration (FDA) has proposed that caffeine be deleted from its list of legal food additives. The new rules would allow use of caffeine as an additive only for the present time, pending the outcome of scientific studies. The FDA is also trying to encourage the production of caffeine-free soda pop by restricting the name "cola" to those beverages actually having extract of cola nut in them, not just having added pure caffeine (the present requirement for a soft drink to be called a "cola").

What is caffeine? It is an alkaloid present in various amounts in many plant species, these mostly from the tropics and subtropics. The most well-known caffeine sources are coffee beans (1.3 percent caffeine), tea leaves (up to 5 percent), cola nuts (2.5 percent) and maté (the gaucho drink—1 percent).

Caffeine has many worthwhile uses. Caffeine is used medicinally as a lung and heart stimulant and

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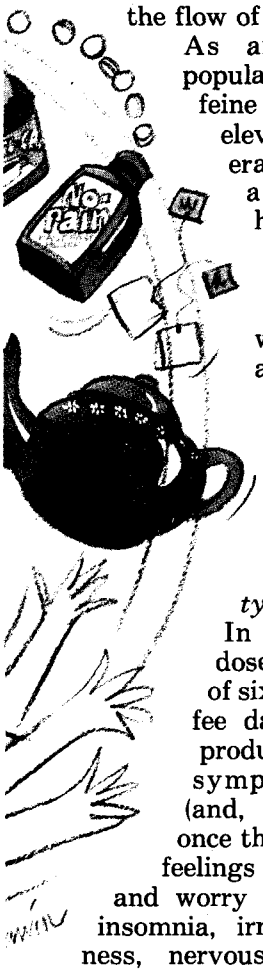
to rid the body of excess water. It can be used to relieve headaches following medical spinal punctures because it constricts the blood vessels in the brain and decreases the flow of cerebral blood.



As an ingredient in popular beverages, caffeine is used as a mood elevator and is generally regarded as a necessity in the hectic world for its ability to relieve fatigue, enhance concentration and ward off sleepiness and inattention. The coffee break is also an excellent excuse to socialize with friends and coworkers!

"Caffeinism" has typical symptoms. In moderate to large doses, the equivalent of six to ten cups of coffee daily, caffeine may produce the following symptoms: euphoria (and, later, depression once the "lift" wears off), feelings of ineffectiveness and worry over performance, insomnia, irritability, restlessness, nervousness, excitement, headache, ringing in the ears, fatigue, trembling muscles, fluttering or heavy throbbing of the heart, premature heart contractions or fast heart rate and rapid, deep respiration. These symptoms are nearly the same as those of chronic addiction to amphetamines. The psychic "boost" of two cups of coffee is equivalent to that of a dose of 10 milligrams of amphetamine sulphate. Caffeine pills are often sold as counterfeit "uppers" to amphetamine abusers.

Caffeine is addicting. Many persons think that coffee is habit-forming only for psychological reasons. It is merely a "crutch" one can discard anytime. "Addiction," on the other hand, is a strong word that is usually associated with definite physical withdrawal symptoms and an antisocial life style. The mental and physical withdrawal symptoms of caffeine, however, have been experienced by most of us who have neglected to take our usual morning cup of coffee. The symptoms begin 12 to 16 hours after the last dose and consist of headache, irritability, feelings of dullness and helplessness, heart fluttering and drowsiness. This lasts for *two or three days.* (Persons who begin fasts often have unpleasant reactions that are not related to the fast at all. Coffee drinkers may wrongly confuse their caffeine withdrawal symptoms with the effects of fasting.) Caffeine withdrawal is hardly as bad physically or psychologically as is withdrawal from narcotic addiction, yet how many of us willingly go two days without caffeine?

Caffeine may injure the body. In 1972, the Boston Drug Surveillance Program found that the risk of a heart attack increased by 50 percent for persons drinking five cups of coffee daily and by 100 percent for those having six cups or more each day. The study indicated that tea drinking may actually *reduce* the risk of heart attacks because it contains a substance that counteracts the constricting action of caffeine on blood vessels. This study has been criticized by some scientists who believe that the differences could be explained by cigarette smoking alone. Other researchers, however, have defended the study, saying cigarette smoking was ruled out as a cause.

The Harvard School of Public Health recently found that persons who drink coffee have two or three times the risk of developing pancreatic cancer as do coffee nondrinkers. Another study at the University of Maryland showed that drinking decaffeinated coffee may cause pancreatic cancer. The risk of developing this kind of cancer was 34 times greater than normal for women who drank decaffeinated coffee and also had an abortion or an ovary removed. Decaffeinated-coffee-drinking men who worked in dry cleaning or with gasoline had five times the normal risk of cancer. Scientists suspect as a possible cause the weak carcinogen trichloroethylene—a solvent used in decaffeinating coffee and for dry cleaning, as well as for other industrial uses. Pancreatic cancer is the fourth most deadly cancer killer, ranking after colorectal, lung and breast cancer. Industry has been substituting other solvents for trichloroethylene. These new solvents, unfortunately, have not been tested for cancer-causing activity.

A University of California study of 25,000 persons showed that those who drank two or more cups of coffee daily had a 70 percent greater chance of ulcers than those who drank no coffee. Cola users had a 50 percent higher ulcer risk than did cola nonusers. Caffeine stimulates the production of pepsin (a digestive enzyme) and of hydrochloric acid in the stomach. Caffeine has long been suspected of causing peptic ulcers, and it is usually forbidden to patients who already have ulcers.

I found reports of a few other direct physical effects of caffeine. Coffee consumption was shown to be statistically related to peridontal bone loss—"wobbly teeth." There is also some evidence that coffee drinking causes rapid changes in blood-sugar levels—and other studies that show there is no such effect!

Caffeine affects the mind. A number of scientists have condemned caffeine for its pervasive psychological influence.

Boys eight to 13 years old, when they were given caffeine in soft drinks, could concentrate better in performance tests, but at the same time became more restless and "jumpy." The amount of caffeine consumed each day by the average child is nearly the same as the adult dose. Is *your* kid jumpy? Let him fill out the Daily Dosage Chart included with this article!

Young people who consume caffeine habitually may have problems in school. Students in Dallas, Texas, were found to have a high caffeine and sugar consumption. The researchers thought this was a result of being given sugared tea often when they were tots. Statistically, the 12th graders who used the largest amounts of caffeine and sugar had the lowest grades.

In a study of housewives, coffee-drinking women who were given only decaffeinated coffee became irritable but felt better later on when they were given regular coffee. Women who usually did not

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drink coffee felt no effects after drinking decaffeinated coffee, but some of the nondrinkers who got regular coffee felt jittery, while others became nauseated.

The bad reactions of children and adults who are given caffeine when they are not used to it or, worse, who are denied caffeine when they need it, are a continual source of social difficulties. Add to this the symptoms of heavy caffeine consumption (one out of six persons drinks five or more cups daily!), and you can see that much emotional stress in day-to-day living may be caffeine related and entirely unnecessary.

Caffeine does not sober a drunk. Caffeine is often thought to be an antidote to alcohol. Coffee is commonly drunk during the day for its "lift" and then alcohol at day's end as a "downer." A hot cup of coffee is usually taken before driving home from a party to counteract the effects of alcohol. In fact, although coffee does increase your attention span, the amount of alcohol in the bloodstream *rises* after a cup of coffee is taken. This is because alcohol is more quickly absorbed when liquids in the stomach are heated by the coffee.

Caffeine affects mental health. Heavy caffeine consumption can give "normal" people the symptoms of psychiatric disorders. A paper in the *American Journal of Psychology* gives warning to therapists and psychiatrists that the symptoms of both caffeinism and "anxiety neurosis" are identical: nervousness, irritability, trembling, muscle twitching, sleeplessness, palpitations, redness in face, heavy urine flow and stomach problems.

Coffee may make personal problems seem far worse than they are. Certain kinds of personalities of normal people are very sensitive to caffeine. "Unstable" personalities, as measured by the KUD personality test, have anxious reactions to small doses of caffeine. Unstable males in particular become tense and easy to anger.

"Coffee nerves" in normal people come from direct stimulation of the muscle fibers by caffeine in the bloodstream. The "restless-legs syndrome" of psychiatric patients was recently found to be caused in the same way—by coffee drinking. The researchers were able to show that caffeine also caused self-consciousness, anxiety and sometimes depression in psychiatric patients.

The behavior of psychiatric patients generally improves when only decaffeinated coffee is available but gets worse when regular coffee is brought back. The amount of coffee drinking among psychiatric patients is roughly double that of the general population, but this may mean little in itself. However, in one study, excessive use of caffeine was associated with a diagnosis of "Personality Disorder." Personality disorders are lifelong, stubborn ways of dealing with stress. These ways may have worked in the past but now have become inappropriate, repetitive and self-defeating.

Caffeine Daily Dosage Chart

Simply fill in the appropriate information for the first blank column and multiply. Add the figures in the second column to get your daily caffeine dosage. Include the average amounts of caffeine you consume, remembering breakfast, mid-morning break, lunch, mid-afternoon break, supper and in the evening. The values approximate scientifically determined figures.

Cups of regular brewed coffee	**x**	**150**	**=**
Cups of instant coffee	**x**	**100**	**=**
Cups of decaffeinated coffee	**x**	**5**	**=**
Cups of tea	**x**	**60**	**=**
Cups of cocoa or hot chocolate	**x**	**5**	**=**
Bottles (16 oz.) of cola or other caffeinated soft drink	**x**	**90**	**=**
Tablets of NoDoz or other stimulant pill	**x**	**100**	**=**
Tablets of Vanquish or Exedrin	**x**	**65**	**=**
Tablets of Anacin, Empirin, Midol, Cope or other caffeinated analgesic	**x**	**35**	**=**
Tablets of cold pills	**x**	**30**	**=**
		Total milligrams	**=**

Your Caffeinist Profile: *More than 300 milligrams daily:* You may be a caffeine addict with mental and physical dependence. You probably have nearly twice the chance of having an ulcer than does a caffeine abstainer.

More than 600 milligrams daily: You are almost certainly addicted to caffeine. You may be a medical risk, with double the chance of a heart attack.

More than 1,000 milligrams daily: You are a typical caffeinist. If a doctor asked you to stop drinking coffee or tea for a while for a medical test, you would probably be unwilling or unable to do so. You may have symptoms that are easily mistaken for "anxiety neurosis." You may not have a psychological problem, although you may act like you do.

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It may well be that excessive coffee drinking over the years contributed to the problems of patients with personality disorders, but the researchers say that other explanations are possible.

Caffeine addiction is common. Scientists at Clarke Institute of Psychiatry requested patients who drank 10 or more cups of coffee each day to stop and then begin again according to a special schedule. But no patient would cooperate by stopping. The same request was made of 66 nonpatients, and, likewise, none of these people were "both willing and capable of discontinuing the use of coffee."

A scientist has recently estimated that one third of the population is "physically dependent" on caffeine. Most persons, however, are unaware of any psychological or physical effects of caffeine other than relief from negative symptoms, such as foggy thinking in the morning or fatigue caused by caffeine itself. This blindness is probably due to a widely held belief that caffeine is not a drug, it is just an ingredient in some stimulating beverages. Coffee drinkers may say they drink coffee for the taste, but when given decaffeinated coffee, they say they do not like it. Presumably, it is the stimulation coffee gives that is important to caffeinists, not the taste. Although market surveys have shown that the public is generally of the opinion that caffeine is habit forming and produces insomnia, what amounts to a nationwide drug habit goes largely unrecognized.

Physiological and psychological dependence on caffeine occurs at between 300 and 600 milligrams (about two to four cups of coffee) daily intake. Caffeinists who exceed 1,000 milligrams (about seven cups of coffee) daily may have the following symptoms: dizziness, trembling, apprehension about performance, insomnia, diarrhea, headache, lightheadedness and breathlessness.

Kidney disease caused by overuse of over-the-counter analgesics has been something of an epidemic in Australia. Although only five percent of the brands of nonprescription pain remedies sold in Australia contain caffeine as one of the active ingredients, these five percent are preferred by the majority of overusers. The caffeine itself is not directly responsible for the kidney damage. But because of the dependence associated with caffeine, Australian scientists have urged that caffeine be banned from over-the-counter pain remedies in their country.

I do not wish to raise a hue and cry against another of humanities' dwindling pleasures. What I hope I have pointed out is that caffeine is an addictive drug that affects both mind and body in many ways. Although we are undoubtedly a nation of coffee addicts, legislation on our use of coffee is not needed. We must be willing to take responsibility for ourselves and make a choice based on knowledge of our alternatives.

Coffee Facts

Coffee beans are the seeds of berries harvested from three species of coffee tree. The Arabian coffee tree is the best species for flavor and is now grown around the world in equatorial regions. Liberian coffee can be grown in climates too warm for Arabian coffee plants. Robusta (or Congo) coffee has more caffeine than either Arabian or Liberian coffees, and its beans are commonly used in blends for instant coffee. Blue Mountain coffee of Jamaica is famous for its flavor, which is due to the environment, since the same strain grown elsewhere yields only an average brew. Colombian and Central American coffees are more flavorful than African products, although the same stock is cultivated in all three areas.

In 16th-century Egypt, coffee was declared illegal, and stocks were burned by Muslims who felt that drinking coffee was irreligious. The laws were repealed, however, and by 1550, coffee drinking was a custom in the Middle East. Islam, of course, forbids Muslims to drink alcohol. The Christian Church at first outlawed coffee as an infidel beverage, but Pope Clement VIII absolved it of any stigma. Coffee was widely consumed in Europe by 1650. The first coffee house in America, called the London Coffee House, opened its doors in Boston in 1689. Most Americans generally drank tea until the famed Boston Tea Party of 1773, after which coffee became the national beverage.

Although pure caffeine is added to a variety of foods, coffee beans, as well as tea leaves and cola nuts, are its most well-known source.

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THE BEST FISHIN' HOLES IN AMERICA

You're not guaranteed a trophy fish if you drop your line in these waters, but you'll be hard pressed to find a spot where the challenge and chance to make a catch are better.

by Lefty Kreh

There is no place like the United States when it comes to fishing. Surveys indicate that one out of every eight Americans goes fishing, making it the most popular outdoor pastime in the country. People from all walks of life love to fish, and it isn't unusual to see them standing side by side casting their lines into the same stream or surf.

Quite simply, there is something for everyone in fishing. Anglers who crave solitude and relaxation say that no other hobby can compare. Party-boaters, on the other hand, love the camaraderie, the chance to get together with friends and make a day of it. Some adventurous souls long to do battle with giant tuna, marlin or some other offshore species that weigh several times the angler's weight. Others get their thrills from spotting a 12-inch trout, determining what it's feeding on and presenting just the right fly. Deceiving the small fish into striking, then making the catch, is as great a joy as that experienced by the fellow who's just fought and landed a 100-pound tarpon.

Battling a feisty tarpon on light tackle off the Florida Keys is among the most exciting moments in big-game fishing.

But there's another attraction to fishing in America: the amazing number of prime locations we have here for going after all manner of catch. In nearly every part of the country, from the oceans to tiny ponds and streams, we can lay claim to some of the world's best fishing.

Of course, with all these prime locations and all those fishermen, there are problems, not the least of which is finding a spot that isn't known to every sportsman or already fished out. With that in mind as I've combed the country in my fishing travels, I've made notes of my favorite places—especially abundant sites to drop a hook. What follows are my choices, spots that offer both a challenge and the chance to make a catch. I'm not saying you're guaranteed a trophy fish if you so much as step out into these waters, but I think you'd be hard pressed to find anywhere better for fishing in the U.S.

Southcentral Pennsylvania

Trout fishermen are among the most intrepid of anglers, willing to travel almost anywhere in search of the rainbow, brookie and especially the wily brown trout. The brown is the most difficult to catch, and perhaps that is why southcentral Pennsylvania attracts so many out-of-staters who come here to test the limestone streams near Carlisle.

These streams—Letort, Falling Springs and Big Spring—comprise a unique fishery. This area of the country sits on a rich shelf of underground limestone, so water seeping through the cracks and faults becomes loaded with beneficial minerals and takes on a high pH (alkaline) count, stimulating weed and insect growth.

These streams begin in huge underground hot springs but cool down during their journey to the surface, emerging with temperature around 50 degrees and remaining below 60 year-round, even in summer. But the fishing in winter is as good as or better than during other seasons, and it is a strange sight to see trout actively feeding when the surrounding air temperature may be 30 to 40 degrees cooler than the water.

In summer, the streams meander through meadows lush with terrestrial insects—ants, beetles, crickets, hoppers and others—which often fall into the water. These large masses of protein are eagerly sought after by the browns, so a special fly pattern has been developed to imitate the land

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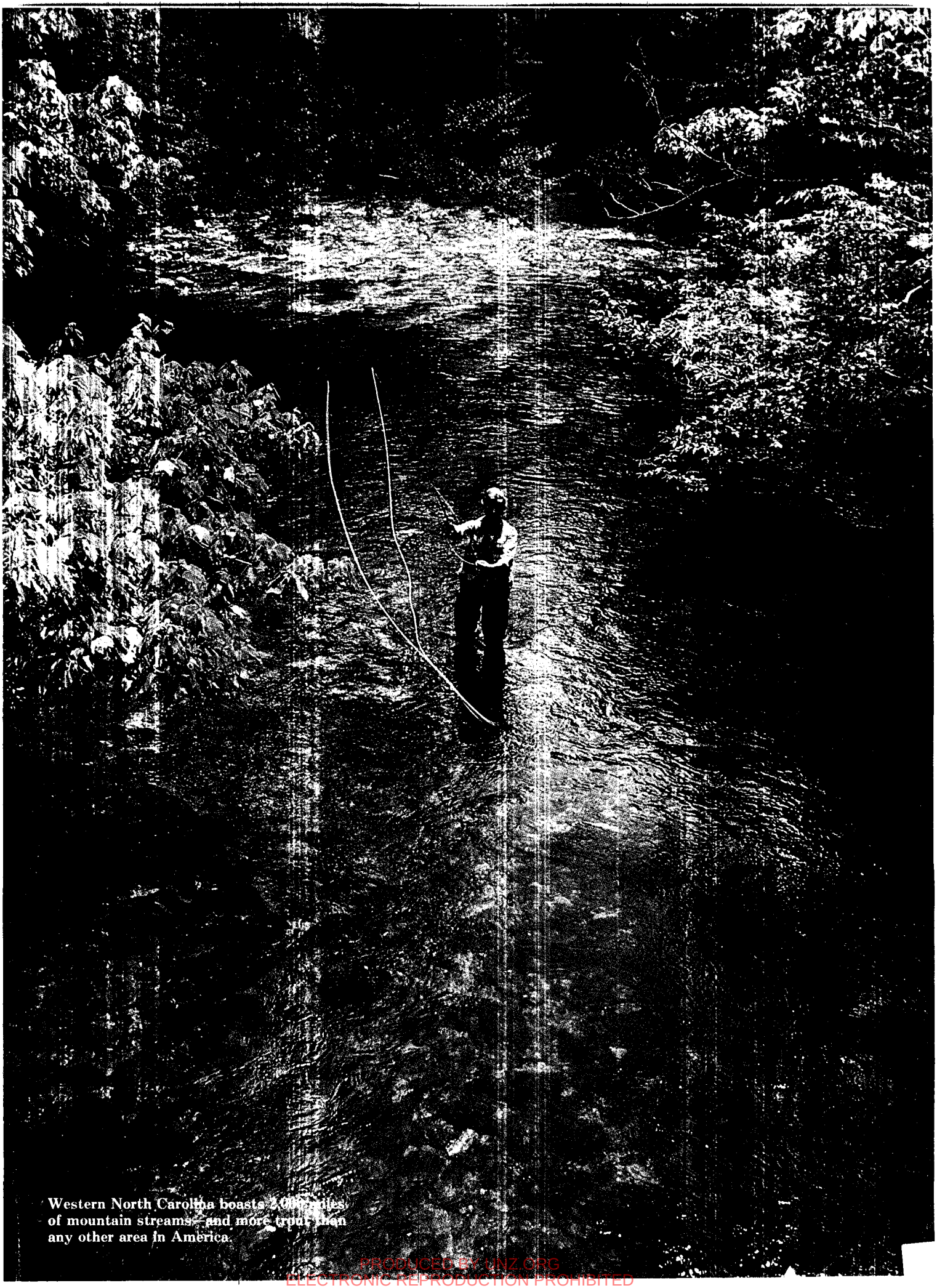

Western North Carolina boasts 2,000 miles of mountain streams—and more trout than any other area in America.

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If rainbow, brookie or the wily brown trout are your favorite challenge, the streams of southcentral Pennsylvania are where they lie waiting.

insects. Called a terrestrial, it floats in the water's surface film. Terrestrials that imitate grasshoppers and crickets will wreak havoc on the wily browns; ants floating on the surface are also effective.

During the spring, late fall and winter, when land-borne insects are scarce, trout depend on two types of underwater bug for most of their food—freshwater shrimp and cress bugs. The latter are flat, oval-shaped insects, olive in color, that live in the dense elodea and watercress plants. Imitations of both can be purchased in local sport shops and will catch trout all year long.

Carlisle is less than half an hour from Harrisburg and is an ideal base of operations. The Letort runs through town; Falling Springs and Big Spring are less than 40 minutes away.

Harrisburg is a good jumping-off point for two premier smallmouth bass rivers, the Susquehanna and Juniata. The Susquehanna runs right through Harrisburg, although I prefer fishing on this one-mile-wide river in Millersburg to the north. The river is rather shallow, with a bottom of limestone ledges—a perfect smallmouth habitat and easy to wade. This is perhaps the best spot in the U.S. to seek smallmouth exceeding five pounds. Try your skill from June through October using small jigs and plugs or popping bugs and streamer flies.

Surf fishing off the Outer Banks of North Carolina is best in April, when red drum, bluefish and thousands of anglers appear.

Approximately 20 miles upstream from Harrisburg, the Susquehanna meets the Juniata. From that point upstream to Lewistown, nearly all of the Juniata is wadeable. It is also a superb river for boating and drift fishing. Boat ramps have been erected almost every five miles along the river, making for easy public access.

West Virginia/Maryland

If you like your fight with smallmouth bass, you should follow the Potomac River upstream from Harper's Ferry, West Virginia, where it winds for more than 100 miles through the Blue Ridge Mountains. From June through October, some of the best float fishing for bass can be had here. The fish aren't big, averaging eight to 12 inches, but enough three and four pounders will pounce on small jigs and plugs or popping bugs and streamer flies to make the angling well worth your while. Surface lures produce the most action in hotter months; underwater lures work when it's cold.

Almost all of the Potomac is wadeable at this point, and much of it is paralleled by good roads on the Maryland side. Some of the best wading spots are below Shepherdstown, West Virginia; at the Taylor's Landing section near the Antietam Battlefield; and at Cohill Station and Little Orleans, Maryland.

Western North Carolina

For a trout-fishing area that is lacking in people but boasts sizable quantities of fish, try the Great Smoky Mountains of western North Carolina. This part of the country receives more than its share of rainfall year-round, which, coupled with the high elevation, makes for lush growth, fog-filled valleys on cool mornings and some of the best trout streams I know—

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more than 2,000 miles of them.

Asheville is an excellent base from which to explore the Great Smoky streams; you'll find quality accommodations and food in town. And, from mid-April through June, the mountain slopes are covered with a startling array of beautiful American wildflowers.

The best time for trout fishing, regardless of where you try in this country, is from late May through July. Of course, there's an exception to this rule: If you're seeking trophy trout in the Western states—for example, Wyoming, Montana and Colorado, all prime trout-fishing areas—the big fish move upriver in September and October.

Eastern North Carolina

Bass fishing is the most popular type of angling in the U.S., and Currituck Sound in eastern North Carolina is perhaps the best bass factory around today. Currituck is an unusual body of water, measuring about 30 miles long with an average width of about four miles and depth of one to four feet. On one side is the mainland, on the other, a long arm of sandy dunes called the Outer Banks, running south from the coast of Virginia to Cape Hatteras.

Currituck Sound is heavily infested with various types of aquatic plants, mainly milfoil. In fact, in midsummer and fall, the weeds are so prolific as to make the water almost invisible. But the weeds furnish life-supporting food and sanctuary for bass, and to catch them, you drop your lure or fly into any available opening. Usually, the best months to fish Currituck are May through September, when it is not unusual for an angler to catch 40 or more bass in a day.

Obviously, the lures to use are designed to fish in weeds, particularly the quarter-ounce Johnson Silver minnow spoon or a plastic worm rigged with a weedless hook. Weedless popping bugs or keel flies work extremely well.

Besides shielding Currituck from the Atlantic, those same sand dunes that form the Outer Banks also offer this country's best surf fishing, and thousands of anglers flock here when the fish are moving through. Red drum, bluefish and croakers usually appear in the surf in early April and go after the Hopkins spoon and standard salt-water bait (such as cut-up bait fish, clams and crabs). The fishing can be good through June, when the water heats up and the fishing slows. Then, beginning again around Thanksgiving, huge schools of giant bluefish, ranging from 12 to 18 pounds, migrate down the coast ahead of winter's threat. There even have been some reports of fishermen being knocked down in the surf by blues chasing bait.

Late-evening fishing on Henry's Fork, reputed to be the best dry-fly stream in the West, should be experienced at least once in a lifetime.

South Florida

Florida is famous for its bass fishing, and some of the best of it lies in a special area that is part of the Everglades.

The huge grassy swamplands lying south of Lake Okeechobee once flooded in times of heavy rains, causing problems for cities along the state's east coast. So there unique, circular dams were built to hold the water between Lake Okeechobee and Everglades National

Continued on page 128

If you like to fight with smallmouth bass, the Potomac River in both Maryland and West Virginia is the place to be from June through October.

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THE LEMONADE MYSTERY

A sudden and deadly illness in two related families had the specialists puzzled, until a team of medical sleuths tracked the culprit to a very unlikely source.

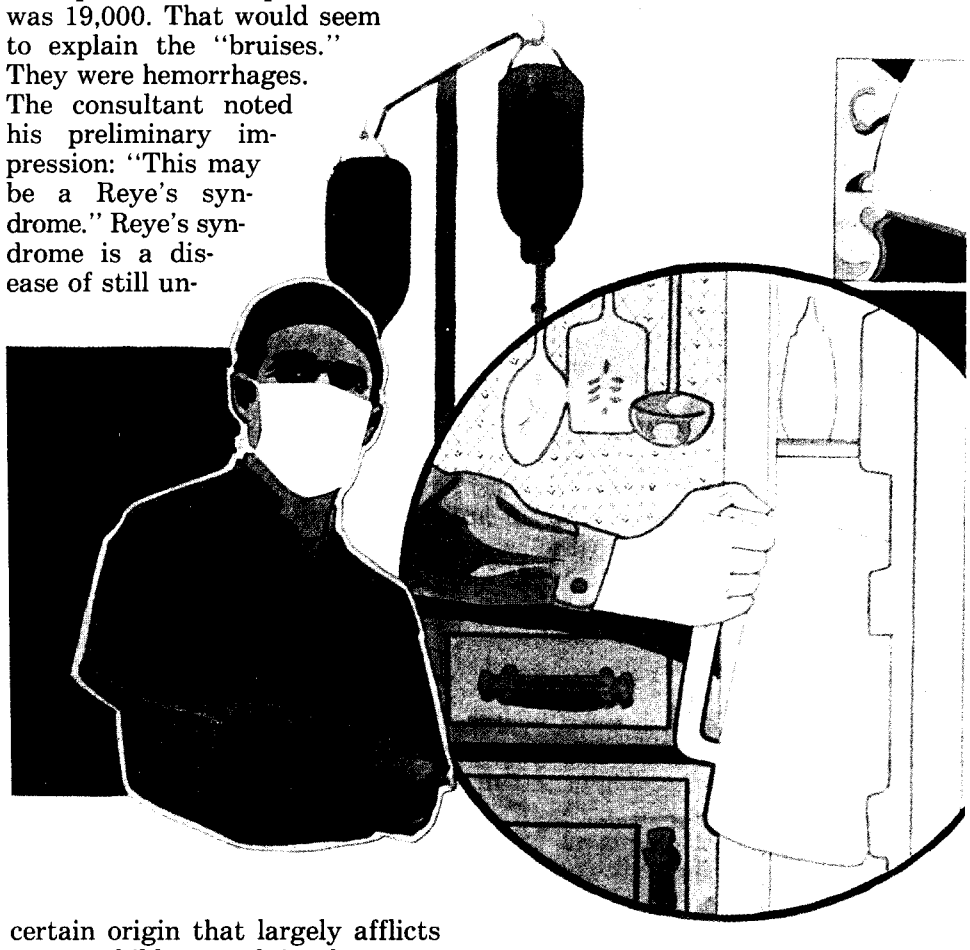
by Berton Roueché

Illustrated by Marcus Hamilton

At around two o'clock on the afternoon of Tuesday, September 12, 1978, an 11-month-old boy named Chad Shelton, the only child of Bruce Shelton, a television repairman, and his wife Sallie Betten Shelton, was admitted to Immanuel Medical Center in Omaha, Nebraska, for evaluation of persistent vomiting. Chad, his parents told the admitting physician, had been vomiting off and on for two days—since early Sunday evening. They added that they, too, had become sick Sunday evening, with severe abdominal cramps, diarrhea and vomiting, but had now pretty well recovered.

The determination of the cause of an ailing infant's illness can be a serious diagnostic challenge. The diagnostician, being unable to elicit any account of how the patient feels or where he hurts, can make a judgment only on the observable and measurable signs of abnormality. The admitting physician at Immanuel Medical Center noted and recorded that Chad was "irritable," that his "right tympanic membrane was red" and that his tonsils were red and somewhat swollen. He recorded three tentative diagnoses: gastroenteritis, otitis media (inflammation of the middle ear) and tonsillitis. He also sought the opinion of a consultant. The consulting physician's observations were entered on Chad Shelton's chart the following day. He observed that the patient was "somnolent through the evening and this morning was noted to be poorly responsive." He noted what appeared to be multiple "bruises." Preliminary laboratory tests were generally normal, with two striking exceptions. One showed abnormal liver function. The other was the blood-platelet count. Platelets are protoplasms intricately involved in the salvational coagulation of blood that normally follows trauma. A normal platelet count ranges from 150,000 to 300,000 and upward. Chad's platelet count was 19,000. That would seem to explain the "bruises." They were hemorrhages. The consultant noted his preliminary impression: "This may be a Reye's syndrome." Reye's syndrome is a disease of still uncertain origin that largely afflicts young children and is characterized by vomiting, central-nervous-system damage and liver damage. The production of platelets is a function of the bone marrow, and a low platelet count may reflect defective production or disordered distribution. The latter can be the result of a rush of platelets to a damaged organ—for example, the liver. The consultant then recommended that more definitive tests be made and that the patient be immediately transferred to the intensive-care unit of Children's Memorial Hospital.

Chad was admitted to Children's Hospital late that afternoon in a coma. It was noted on his chart that "within an hour after admission, the child's respiratory status began to deteriorate and it was necessary to place him on a ventilator. . . . A repeat platelet count at 4:30 p.m. revealed a platelet count of 18,000 [and] sup-



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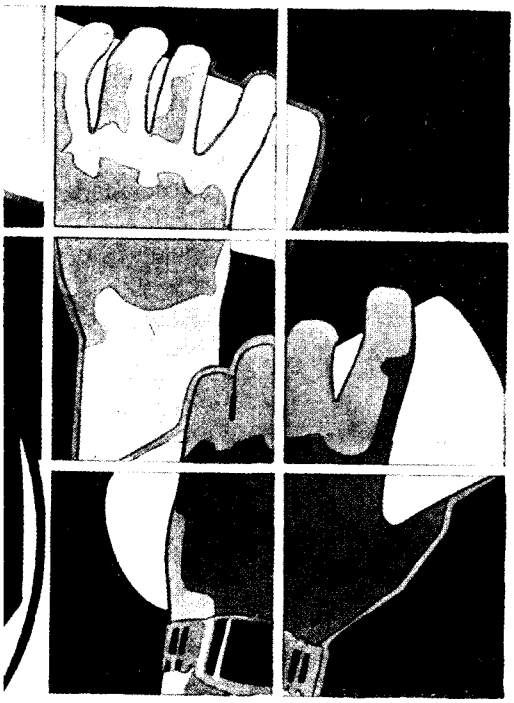
port was begun with platelets and whole blood.... During the evening and early morning hours, bleeding problems became increasingly difficult to control. The child's condition continued to deteriorate, and he was pronounced dead at 4:30 a.m. the morning of September 14th." An autopsy revealed an "essentially complete necrosis of the child's hepatic [liver] cells, with very little fatty infiltration." The opinion of the pathologist was that "this pattern is more consistent with a toxic ingestion of an unknown agent rather than Reye's syndrome or other infectious etiologies." The final diagnosis reflected his opinion. It read, "1. Severe acute hepatic necrosis secondary to a toxic ingestion of an unknown



agent. 2. Disseminated intravascular coagulation. 3. Cerebral hemorrhage secondary to #2. 4. Cerebral edema secondary to #1 and #2. 5. Terminal renal failure."

That was only the beginning. Shortly before noon the day of Chad Shelton's death, a man named Duane N. Johnson, aged 24, was admitted to Immanuel Medical Center. He was brought to the hospital by ambulance from the office of his family physician. He had collapsed in the waiting room there, and when he reached the hospital, he was comatose. His wife Sandra Betten Johnson accompanied him. She told the admitting physician that her husband had become ill on Sunday evening. He had had an attack of chills, then diarrhea, then vomiting. He vomited several times on Monday and again on Tuesday. Yesterday, Wednesday, he had a severe nosebleed. This morning, he felt even worse—he was still vomiting, his head ached, light hurt his eyes, he was exhausted—and he arranged to see their doctor. Mrs. Johnson was frightened and confused. Her husband had never been sick a day in his life. Now he was lying there unconscious. And Sherrie, their three-year-old daughter, was also sick. She had complained of stomach pains, and she had vomited several times. The last few days had been a nightmare. Mrs. Johnson didn't know what was happening. Her sister Sallie and her husband had also been sick this week—sick to their stomachs, like Sherrie. And only last night—early this morning—Chad, her sister's baby, had died at Children's Hospital. They said he might have been poisoned. The admitting physician pricked up his ears. Chad? That's right—Chad Shelton. Did the doctor know about him? The doctor said it was he who had admitted him to the hospital here on Tuesday. The doctor stopped and reflected. He reminded himself that Chad had suffered multiple hemorrhages. And Johnson had had a nosebleed. There might be some connection here. And Mrs. Johnson had said that their daughter was sick. He asked Mrs. Johnson to bring her daughter to the hospital. He thought he ought to take a look at her.

Johnson remained comatose. The results of the admitting physician's preliminary examination were both unrevealing and alarming. The pupil of Johnson's right eye was "dilated and fixed. Left pupil was pinpoint. Evidence of some conjunctival hemorrhage bilaterally. There was some blood in the pharynx." The physician again felt that a second opinion would be helpful. The consultant's findings fully justified the admitting physician's alarm. He noted on Johnson's chart, "There is no motor movement. There is no response to painful stimuli.... He is on a respirator. He has had an intracranial hemorrhage.... A CAT scan shows an intracerebral hematoma." Johnson's platelet count was a mere 6,000. An S.G.O.T. test was performed to determine the concentration in the blood of an enzyme whose excessive presence is indicative of liver damage. A normal S.G.O.T. count is from five to 18 units. Johnson's count was 910. The consultant concluded, "The patient, I think, has essentially gone into...a neurological situation from which he cannot be retrieved." Nevertheless, Johnson was transferred to Bishop Clarkson Memorial Hospital, where a procedure not available at Immanuel could be performed. He was examined by a second consultant. It is usual for a physician confronted by a near-hopeless case to note on the patient's chart some euphemism like "The prognosis is guarded." Johnson's condition jolted the consultant at Clarkson into the open. He concluded, "The prognosis for this patient is horrible."

Meanwhile, Sandra Johnson returned to Immanuel Medical Center with her daughter, Sherrie. Sherrie was still in pain, still vomiting. She was admitted at around two o'clock in the afternoon. The preliminary physical examination revealed a scattering of small intradermal hemorrhages on her eyelids and on her lower legs. Her liver was found to be tender and somewhat enlarged. Her platelet count was 13,000. Her S.G.O.T. was 702. An exchange blood transfusion was ordered. In the later afternoon, Sherrie was moved to Children's Hospital and placed in the intensive-care unit.

Mrs. Johnson saw Sherrie settled at Children's Memorial Hospital. She then visited her comatose husband at Clarkson Memorial Hospital. Then she went home. But at least she did not go home to an empty house. Her second sister, Susan Betten Conley, was staying with the Johnsons. The two talked—about Duane, about Sherrie, about Chad. It was hard for them to believe that this was hap-

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pening. They later drove over to the Sheltons' home. The Sheltons were not as well recovered from their gastrointestinal troubles as they had thought. Chad's illness and death had distracted them from their own illness. Now they realized they were far from well. Sallie Shelton, especially, felt poorly. She had abdominal pain, diarrhea and nausea. Shelton and the three sisters talked. It was suggested that Sallie should be hospitalized. Susan and Sandra left, even more bewildered after talking with their sister and brother-in-law. They couldn't understand why they themselves were not sick—why they alone of the two families were well. Sandra drove back to Children's Hospital. Sherrie was asleep, and her condition was described as stable. Sandra drove on to Clarkson Memorial. Her husband was still in a coma. There had been no improvement. He was almost certainly dying. She settled down to an all-night vigil.

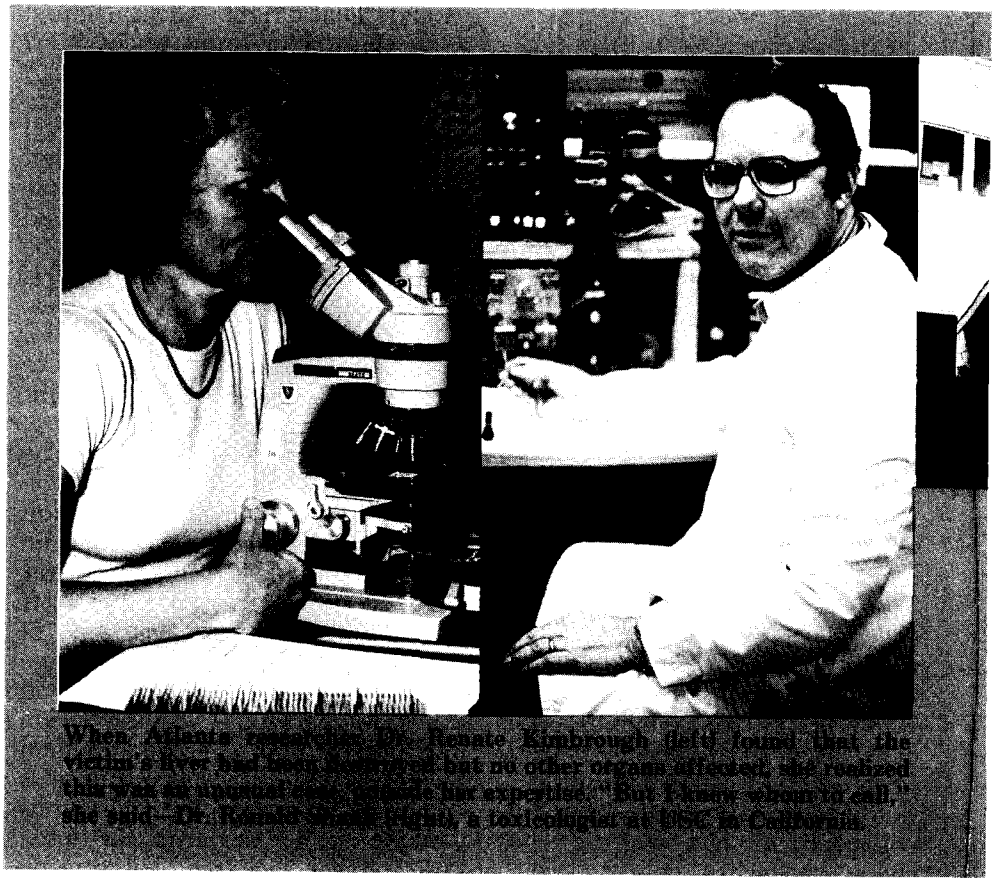
Sallie Shelton spent a restless night. She awoke the next morning —Friday, September 15th—feeling very ill. As she and her husband were dressing, the telephone rang. It was Sandra Johnson. Duane had died about an hour ago, without recovering consciousness. That decided the Sheltons. They drove to Clarkson Memorial Hospital. Mrs. Shelton was examined in the emergency room. Her son's death and its cryptic nature were remembered. She was admitted for observation and testing. Then, as a precaution, it was decided to also admit her husband. The indicated tests revealed that Bruce Shelton's S.G.O.T. was mildly elevated (125 units) and his platelet count was 123,000, a little low. Sallie Shelton's condition was found to be more serious. She was still nauseated, still diarrheic, had a headache, was running a fever and was noticeably lethargic. Her S.G.O.T. level was 85, and although her initial platelet count was 116,000, only a little lower than her husband's, subsequent evaluations showed an ominous downward trend.

Later that day, an autopsy was performed on Duane Johnson. The immediate cause of death was found to have been a cerebral hemorrhage. The pathologist's report also noted an almost total lack of platelets and massive liver damage "of unknown etiology."

A memorandum dated September 18, 1978, from J. Lyle Conrad, director of the Field Services Division, Bureau of Epidemiology, Center for Disease Control, in Atlanta, reads: "On September 15, 1978, Alan Kendal, Ph.D., Respiratory Virology Branch, Virology Division, Bureau of Laboratories, C.D.C., received a call from Paul A. Stoesz, M.D., State Epidemiologist, Nebraska, concerning two recent deaths in a group of families in Omaha, Nebraska. . . . Dr. Stoesz related that two people, an 11-month-old child and a 30-year-old [*sic*] man, had died within the past two days of an illness characterized by vomiting and diarrhea. Clinical information on the child indicated a death from hepatic failure. No information was available on the cause of death in the man, although an autopsy was being performed. . . . Both toxic and infectious etiologies are being considered as possible causes for these deaths.

"Dr. Stoesz. . .invited C.D.C. to assist in an investigation of the situation. . . . After further discussions about potential etiologies for the outbreak, Dr. Conrad then contacted. . . John P. M. Lofgren, M.D., E.I.S. [Epidemic Intelligence Service] Officer in Jefferson City, Missouri. . . . Dr. Lofgren departed for Omaha the evening of September 15."

"Yes," Dr. Lofgren says. "I got Dr. Conrad's call at about three o'clock in the afternoon. Omaha and Jefferson City are not that close together, but apparently I was the nearest E.I.S. officer to the scene. Anyway, I got the call and went home and packed and took off. I drove the rest of the day and part of the night. I got to Omaha—to a motel room that the doctors there had reserved for me—at about 2 a.m. There was a message waiting for me. There was to be a big meeting the next morning in the conference room at Clarkson Memorial Hospital, and one of the local doctors would pick me up. At the meeting, there were about 30 people—the attending physicians, house officers and medical students involved in the case, lab



When Atlanta researcher Dr. Renate Kimbrough (left) found that the victim's liver had been destroyed but no other organs affected, she realized this was an unusual case, outside her expertise. "But I knew whom to call," she said—Dr. Donald Shafer (right), a toxicologist at UCSC in California.

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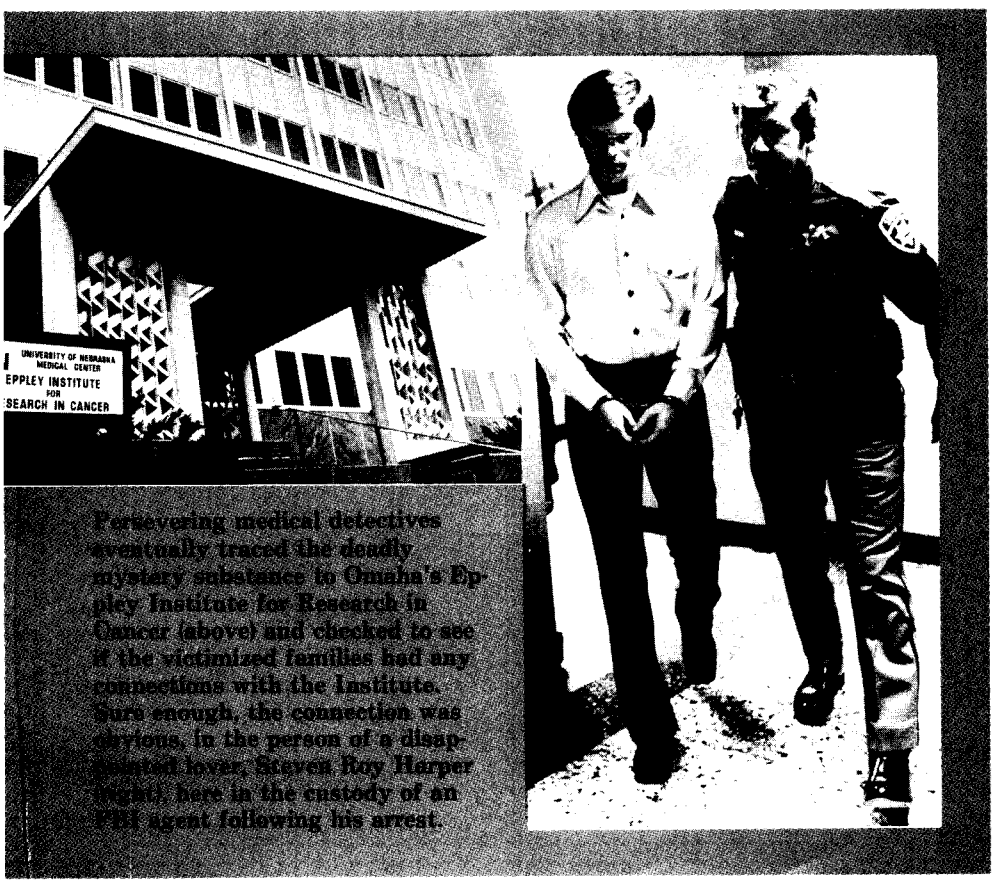
people and pathologists, hospital social workers, the staff of the county health department and the state epidemiologist and his staff. We had the two autopsy reports and the charts on the three surviving patients. It was a strange case and very wide open. But there were a few conclusions that we could be comfortable with. It seemed clear that we were dealing with a disease that was not epidemic, that was limited to just the Johnson and the Shelton families. Then we defined the disease. Our case definition required these symptoms: vomiting, an increased S.G.O.T. and a decrease in platelets.

"The state and county epidemiologists had made a good beginning. A setting had begun to take shape. The Johnson home seemed to be the site of the trouble. The outbreak had its origin there on the afternoon of Sunday, September 10th, sometime between three and four o'clock. That afternoon the three Sheltons—Bruce, Sallie and the baby, Chad—dropped in on the Johnsons and Susan Conley. They visited about an hour. At about 3:15, Sandra Johnson went to the refrigerator and took out a white plastic pitcher of lemonade. She added ice and filled some glasses. Bruce Shelton took a couple of swallows from his glass and then poured about three-quarters of an inch in a glass for little Chad, and Sallie Shelton finished off the rest. Sandra didn't like lemonade, and she drank none. Neither did her sister Susan. Duane Johnson and the little girl, Sherrie, both drank some of the lemonade. It was suggested that Duane might have drunk two glasses. The Sheltons left to make another call and then started home. On the way home, Bruce and Sallie began to feel sick to the stomach. A few minutes after they got home—at about six o'clock—Sallie vomited. That made her feel a little better. Then, at about seven o'clock, Bruce vomited, and then little Chad. Then Sallie vomited again, and she and her husband vomited again and again during the next four hours. But Chad vomited only that once that night. The two Johnsons—Duane and his daughter, Sherrie—had much the same experience. The investigation had shown that Sandra Johnson had made the lemonade. She had made it a day or two before Sunday—maybe as early as the previous Thursday. But she had made it as she always did—a packaged mix with water and sugar. It was uncertain whether all of the lemonade was drunk or whether some was left and thrown out. In any event, the pitcher was empty. The fatal lemonade was gone.

"I say 'fatal' because, as unlikely as lemonade sounds as a cause of poisoning, we were satisfied that the outbreak was an outbreak of poisoning and that the lemonade was the vehicle. There had been some toxic material in it. The onset of illness was compatible with poisoning by some organic poison. The incubation period was all wrong for an infectious disease. Much too short. Later, after the meeting, I went out to the Johnson house and had a look around. It was a lower-middle-class house on low ground and in bad repair. The plumbing was poor. The house had already been carefully searched, and I was provided with samples of everything that could be even remotely connected with the trouble. One of these possibilities was some firecrackers. Firecrackers contain yellow phosphorus, and its taste could have been masked by the lemonade. There was no indication of how the phosphorus might have got into the lemonade. So that's where we stood. We had a clear clinical syndrome and a likely vehicle. But we didn't have any idea of what the toxic agent might have been. The answer, if we were going to get one, would seem to be up to the laboratory people. John Wiley, the Douglas County epidemiologist, was very helpful. We arranged for samples of everything found in the Johnson house that could be analyzed and sent them off to C.D.C. We also sent off blood and urine samples taken from all the patients and frozen liver, brain, lung, kidney and spleen specimens from Duane Johnson. That was about the end of my role in the investigation."

The samples gathered for Dr. Lofgren by Mr. Wiley and his staff were received at C.D.C. in three installments, on September 20th, 21st and 25th. It was a comprehensive and a very considerable collec-

Continued on page 120



Persevering medical detectives eventually traced the deadly mystery substance to Omaha's Eppley Institute for Research in Cancer (above) and checked to see if the victimized families had any connections with the Institute. Sure enough, the connection was obvious, in the person of a disappointed lover, Steven Roy Harper (right), here in the custody of an FBI agent following his arrest.

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LET THE CHIPS FALL

Why would a man waste his time in fruitless jogging or frustrating golf when he can get all the exercise he can handle by chopping his own wood? Several reasons.

by Maynard Good Stoddard

Illustrated by Jared Lee

While I have no argument with the adage, "The man who chops his own wood is warmed by it twice," it fails to mention that a man profits by it healthwise as well as warmwise.

Abraham Lincoln discovered this early in life when chopping wood for the fireplace so he could see to do his homework. He then went on to develop his physique by turning an honest dollar splitting fence rails.

Although Ronald Reagan doesn't cut wood for a living, his days of R & R away from the "store" often find him clearing his California ranch of brush, reveling in his flashing blade biting through its ligneous victim, the rejuvenation of lazy Washington lungs filling deeply with virgin air, the keen anticipation of tummy muscles tightening and biceps bulging beneath the old sweat-stained sweatshirt. Ah, there is no therapy quite like it.

By contrast, there was George Washington, who, according to third-grade readers, laid low but a single tree and caught the devil for that. There were also Liz Borden and Carrie Nation, both of whom got in more licks than George, but their choices of chopping material were likewise questionable. And then there is me.

I bring myself into the picture not to discourage a budding young Abe Lincoln or Ronald Reagan, or perhaps even a future Arnold Schwarzenegger, but to alert the budee who doesn't know an ax handle from a pogo stick

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that not all chips are blue chips in the salubrious world of woodcutting.

My initiation into the science of making long lengths of wood into short lengths of wood occurred during the Depression (remember the Depression?), when the only chance of getting a job was with the WPA (remember the WPA?) at $15 a week. And one didn't get a job with the WPA unless he was the governor's son. Which I wasn't. And with no hope of being adopted, I teamed up with a friend to cut wood on 80 acres of scrub oak and scrubbier poplar that my dad had bought for no discernible purpose other than to punish me for not being the governor's son.

Daybreak of morning one. My friend and I, armed with two axes, a two-man crosscut saw, two sack lunches and a Thermos of coffee, sat on a log debating the most efficient method of leveling the 80 acres of scrub oak and scrubbier poplar surrounding us. By the time we had exhausted the coffee, we had agreed to begin on the compliable wood of the poplar and work up to the more uncooperative oak later in the day, when we would be conditioned to face anything in the path of our flashing blades.

We further agreed that, instead of running the risk of two trees falling simultaneously, we would take turns on the same tree—10 chops on, 10 chops off. Sometime along in the fifth or sixth shift, down it came. And for anyone never having chopped a tree, I can tell you that few thrills equal that of watching your first mighty eight-inch poplar crashing to the ground. Though neither of us had thought to bring a watch, while the old adrenaline was at neap tide we decided to get the thing sawed into stovewood lengths before lunch.

After lunch, the size of our blisters prevented our gloves from going on. Thus we were obliged to pile the wood in the back seat of the car and go home. We arrived home at 10:30—a.m., that is. That same afternoon, Mr. Lucas, the farmer who owned the land next to my dad's scrub oak and scrubbier poplar, dropped by to tell us we had felled the tree on his side of the line. He carried the armload of wood out to his car and took it home with him.

And I took a 40-year breather.

But what shall it profit a

Continued on page 112

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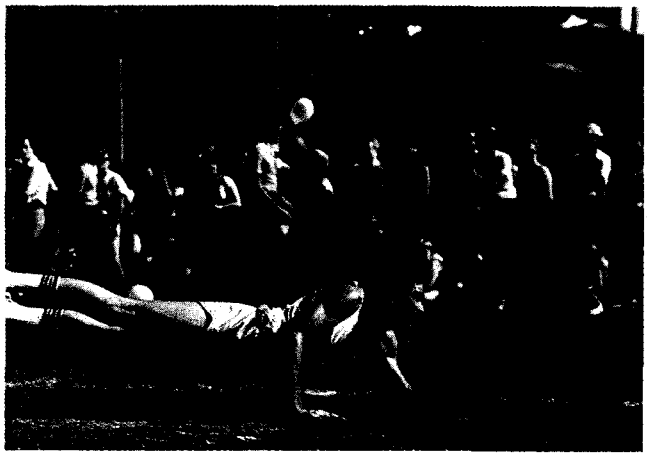
TOM SELLECK: MODEST MAN OF MAGNUM

Fame, fortune and fans still haven't convinced this shy, late-blooming actor that he fits the super-macho mold of his hit TV series.

by George Haddad-Garcia

"All you have to do is look at him to know that he's attractive, tall and leading-man material. And all you have to do is work with him to know that Tom is charming, quite talented and has a big future. But you'd have to get to know him as a person, behind the scenes, to realize that he is a magnificent human being—just nice, considerate, giving, kind, easy-going, professional, terrific to be around."



"I don't object to being referred to as *macho*," says the former USC athlete. "I just get bored with it. I also think there is more to me than that."

Those words were uttered by Hungarian actress Hanna Hertelandy, who worked with Tom Selleck in an episode of the hit CBS series "Magnum, P.I." By now, despite the fact that he didn't star in the movie hit *Raiders of the Lost Ark* (he was first choice, but was tied up with the "Magnum" pilot at the time), Selleck has become a major star of international status. His series is broadcast in some two dozen countries, he is featured on the covers of magazines and tabloids that feature his "broken" marriage and chronicle his alleged romances, and he is being called one of America's leading sex symbols, in the same category as Redford or Newman.

Most significantly, the 36-year-old actor is currently in Yugoslavia starring in a $20 million motion picture, *High Road to China*, for Raymond Chow, the producer of films such as *Cannonball Run* with actors like Reynolds and Bronson. In fact, Selleck has been offered big roles other than Indiana Jones—including roles in *Cannonball Run* and *Victor/Victoria*—but until now, he had turned them all down. "Doing an action series is strenuous, demanding work," he noted in Hawaii. "I don't want my life to be one continuous blur of work, in between sleep. It's got to have more depth than that, I hope."

But there's no denying that movie producers, so insistent on utilizing the late-blooming actor's services, will probably cajole him into a future of movie-making, both in between shooting "Magnum" episodes and after the series ends. *If* it ends; it looks to be one of those series, like "Hawaii Five-O," for instance, that will last 10 years or so. During its first season, the show's producer, out of gratitude, gave the show's star a $100,000 red Ferrari.

At 6'4" and 200 well-toned pounds, the smiling fellow attracts attention wherever he goes. In Hawaii, he is a major tourist attraction, and when shooting on location, during his off-camera time, he is accosted by hordes of children, teens, women and other fans seeking his autograph, a photo, a handshake or a bit of conversation. Unlike many stars with an overnight hit, Selleck is kind and appreciative toward his fans. Shy, too. "I've never been terribly outgoing," Selleck admits. "I know it's a real asset to be outgoing in this business, but artificial I'm not. I appreciate others for what they are, and hopefully, they return the favor.

"That's one reason I don't like the *macho* label. With women, I'm somewhat shy or not exactly brimming with confidence. People think I must attract women like crazy, and it's true that now they seem very interested. However, I have not changed noticeably in the last few years; but before the series, women weren't paying much attention, no."

The retiring nice-guy was a college athlete at USC, whose sweetheart mascot was the late Mae West. "Some of us football players got to meet her," he recalled, "up at her famous apartment. You might call it a courtesy visit." He was later cast in a small speaking part in the superstar's 1970 comeback film, *Myra Breckinridge*. Then came featured parts in series such as "The Rockford Files" and commercials, including the still-running ads for Chaz, the male equivalent of Charlie cologne. Selleck is grateful for what ads did for him: They gave him the freedom to turn down TV pilots and motion-picture roles that he felt

Continued on page 84

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HOW TO SURVIVE A "CAFÉ CORONARY"

The tragic end of a pleasant evening—the sudden death which a layman can prevent. . .the "café coronary."

by Henry J. Heimlich, M.D.

Illustrated by Frank H. Netter, M.D.

Editor's note: Sudden death in a restaurant is a far-from-uncommon modern-day occurrence. Such fatalities, often mistaken at the time for heart attacks, are actually 55 times more likely to result from asphyxiation caused by airway blockage when the diner chokes on food—the so-called "café coronary."

Here, a simple and effective rescue technique, practical for properly instructed laypeople, is described in straightforward detail by its discoverer, Dr. Henry J. Heimlich, a distinguished surgeon and teacher from Cincinnati.

This article describes the method for recognizing the café coronary, the characteristic "Heimlich sign" and three different methods by which even a diminutive or very young rescuer may aid the largest victim. Stop, read, learn how to treat a café coronary.

Each year, more than 3,000 Americans choke to death. Choking is the *sixth-leading cause of accidental death* in the overall population and the *leading cause of accidental death in the home* for children under one year of age. I first became aware of these alarming statistics in 1973 and immediately began the work that led to the procedure now known as the Heimlich Maneuver. My initial investigations, done with animals, showed that a subdiaphragmatic [below the diaphragm] thrust can force air from the lungs in sufficient quantity to expel an obstructing object in the airway.

The results were reported in *Emergency Medicine* in June 1974. In that report, I described how the procedure could be performed in man and asked that instances in which the Maneuver was used be reported to me. The *Emergency Medicine* article received widespread coverage in the nonscientific press, largely as a result of the efforts of Arthur

1 **Victim may be embarrassed by his predicament and leave the eating area unnoticed, only to lose consciousness in a nearby restroom or hallway.**

2

Anyone found unconscious and not breathing in a restroom or hallway adjacent to an eating area is probably a victim of food choking. The unconscious victim is only seconds from permanent brain damage and death, and the rescuer should perform the Heimlich Maneuver immediately (supine position).

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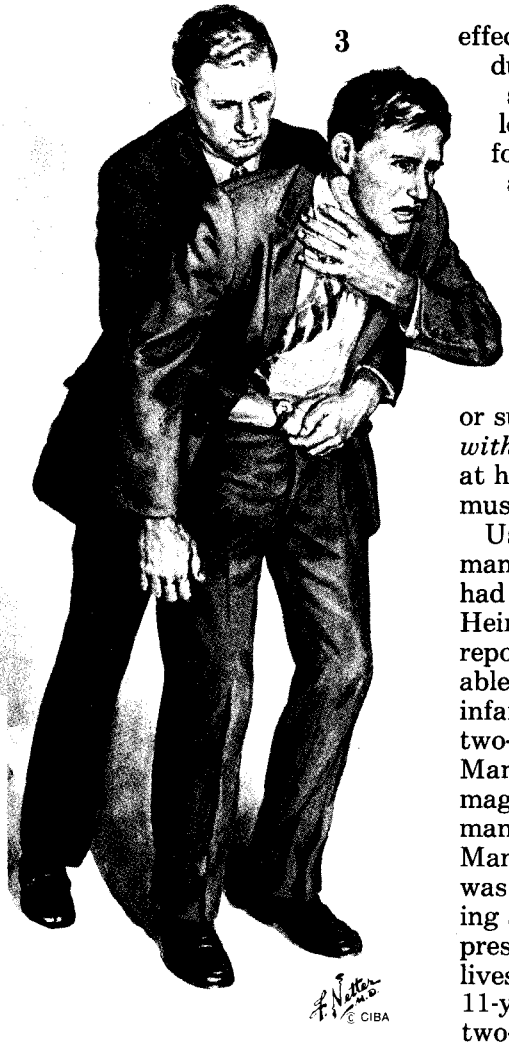

1. Rescuer stands behind victim and wraps his arms around victim's waist.

2. Rescuer makes a fist with one hand and places the thumb side of the fist against the victim's abdomen, slightly above the navel and below the rib cage.

3. Rescuer grasps fist with other hand and presses into victim's abdomen with a *quick upward thrust.*

4. Thrust is repeated several times if necessary.

Snider, science editor of the *Chicago Daily News.* Almost immediately, reports of lives saved—to date, more than 6,000—began to come in. In October 1975, the Heimlich Maneuver was endorsed by the American Medical Association's Commission on Emergency Medical Services.

The Heimlich Maneuver is an effective and safe rescue procedure. At the same time, it is so simple that it can be easily learned and effectively performed by the layman. The ability of the layman to understand and use the Maneuver is crucial. In a choking emergency, there is no time to call for trained medical assistance—a person choking on a foreign object will die or suffer permanent brain damage *within four minutes.* Whoever is at hand when the crisis occurs must perform the rescue.

Usually, the rescuer is a layman, and in most cases, he has had no formal training in the Heimlich Maneuver. In one reported instance, a mother was able to save her nine-month-old infant after having read only a two-paragraph description of the Maneuver in a popular women's magazine. In another case, a blind man, who had learned of the Maneuver in a "talking book," was able to save his wife after being alerted to the crisis by others present. Even children have saved lives using the technique. An 11-year-old baby-sitter saved a two-year-old child choking on a marble after getting emergency instructions on the telephone. The youngest rescuer on record is a four-year-old who saved his two-year-old brother while his mother looked on helplessly. The children had been taught the Heimlich Maneuver by their father, who is a fireman.

The Heimlich Maneuver can be performed on a victim who is standing or sitting or on someone who has fallen to the floor unconscious. A person who is choking can also use the Maneuver to save himself. All variations of the technique are based on the subdiaphragmatic thrust. To save a life, the rescuer must know these two things—how to recognize a victim of choking and the basic Heimlich technique, with simple variations.

Recognizing the Choking Victim

Foreign-body obstruction of the airway usually occurs while the victim is eating. If the victim is a child, however, choking may also occur during play, when a small toy or object being mouthed slips back into the airway. Within four minutes of the onset of the attack, the victim will be dead or suffer permanent neurologic deficit [brain damage]. Thus, the rescuer must make the diagnosis immediately.

The first thing the rescuer should look for is what has come to be called the Heimlich sign. It indicates: "I am choking." The victim gives the sign by bringing his hand to his throat, with the thumb and index finger spread widely to form a V. Often, a victim not aware of the sign or of its meaning will nonetheless give it instinctively by clutching his throat with his hand. When the sign is given, whether intentionally or instinctively, the rescuer should immediately ask, "Are you choking?" Although the victim

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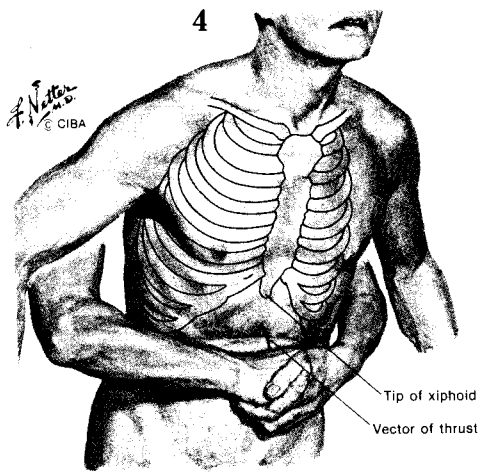
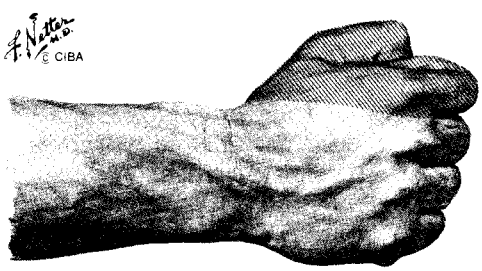


Rescuer's fist positioned against victim's abdomen, slightly above navel and well below tip of xiphoid. Knob of fist (see below) should be directly against the abdomen. Rescuer grasps fist with other hand and presses into abdomen with a *quick upward thrust.* The action consists of sharp flexion at the elbows, *not* of a "bear hug."



Rescuer's fist (viewed from above). Note thumb and index finger form a knob (shaded area). Knob is placed directly against abdomen, increasing depth and effectiveness of the thrust.

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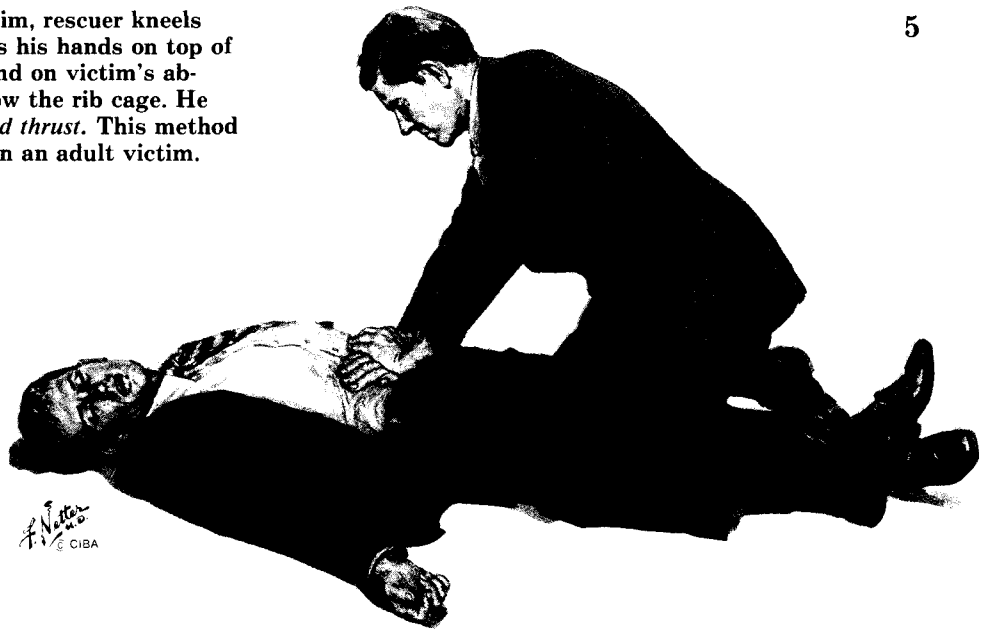

Victim on back with face up. Facing victim, rescuer kneels astride victim's hips. Rescuer then places his hands on top of the other with the heel of the bottom hand on victim's abdomen, slightly above the navel and below the rib cage. He presses into abdomen with a *quick upward thrust*. This method is most effective for a child to perform on an adult victim.

will be unable to speak, he will usually be able to signal his assent nonverbally. The diagnosis is then absolutely clear, and the rescuer can begin the Maneuver at once.

When the Heimlich sign is not given or goes unrecognized, the rescuer must look for other indications of choking. There are three signs that indicate complete obstruction of the airway: first, *inability to speak or breathe;* second, *pallor followed by increasing cyanosis* [bluish skin color]; and third, *loss of consciousness and collapse.* As soon as the rescuer notices the first of these signs, he should immediately perform the Maneuver. To wait until the victim is unconscious so as to confirm the diagnosis is extremely dangerous, as by this stage the victim is only seconds from permanent brain damage and death.

The Unwitnessed Attack

Sometimes, a victim of choking becomes embarrassed by his predicament and succeeds in getting up and leaving the eating area unnoticed (Illustration 1). In a nearby room, he loses consciousness, and if unattended, he will die or suffer permanent brain damage within seconds. Therefore, in teaching the Heimlich Maneuver, I stress that when one is choking, even if the obstruction is only partial, it is extremely dangerous to leave a room where other people are present. Similarly, *no one in apparent respiratory distress should ever be allowed to leave the room alone.*

When someone is found unconscious and not breathing and a choking attack was not witnessed, the situation is critical. A diagnosis must be made at once. If the victim is found in a hallway, restroom or area near a restaurant or eating place, and if there is no indication of physical injury, food choking should be assumed to have occurred and the Heimlich Maneuver should be applied immediately (Illustration 2). Any delay, even to begin cardiopulmonary resuscitation (CPR), could be fatal; if after several subdiaphragmatic thrusts, an obstructing object is not expelled from the victim's throat, the rescuer should then begin CPR. Of course, CPR should be initiated first if the situation does not suggest choking. If there does turn out to be an obstruction in the airway, it will become apparent when the first mouth-to-mouth breaths are given, and the Heimlich Maneuver can then be performed at once.

The Heimlich Maneuver—Victim Standing

When the victim is standing, the rescuer positions himself behind the victim (Illustration 3) and encircles the victim's waist with his arms. With one hand, he makes a fist and then places its knob (Illustration 4) against the victim's abdomen, slightly above the navel and well below the tip of the xiphoid process [lower tip of the breast plate]. The rescuer then grasps the fist with his free hand and presses into the victim's abdomen with a quick upward thrust. It may be necessary to repeat the thrust as many as six times to clear the airway. Each new thrust should be a separate and distinct movement. Resumption of breathing, return to normal color and restoration of consciousness indicate that the airway has been cleared of the offending obstacle.

Once the airway has been cleared, the bolus of food or other obstructing object should be found and identified. Only in those rare cases in which the bolus remains in the oropharynx must it be manually removed, *with great care being taken not to drive the object back into the throat.* If the object is not removed, it may be reaspirated or swallowed, especially by frightened or crying children.

The Heimlich Maneuver—Victim Seated

The techniques for the sitting and standing victim are almost identical. When the victim is seated, the rescuer stands or kneels behind the chair, encircles the victim's waist with his arms, positions his hands and delivers the thrust just as he would if the victim were standing. The only difference is that now the back of the chair is interposed between the rescuer and the victim. The chair back provides a firm support for the victim's back and seems to enhance the effect of the subdiaphragmatic thrust.

If the victim is sitting in a dining booth, an airplane seat or a chair that is too large for the rescuer to reach around, the rescue can still be performed while the victim remains seated. He is simply turned sideways in the seat so that the rescuer can get behind him and then perform the Maneuver upon him.

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Maneuver performed on undressed victim to show clearly the correct positioning of hands.

6

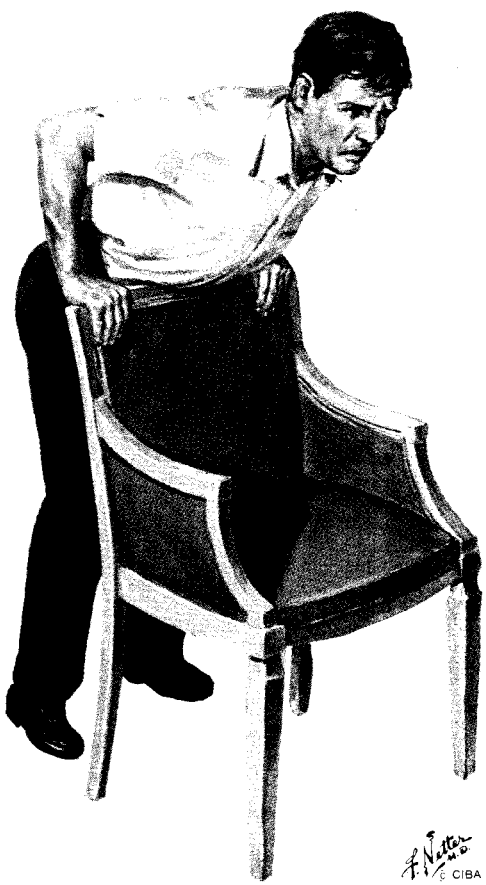
B. Alternative technique. Victim positions himself over edge of horizontal object, such as a chair back or table edge, and presses abdomen into edge with quick movement. Movement repeated if necessary.

The Heimlich Maneuver— Victim Supine

There are only two situations in which the supine position is indicated: first, when the victim has already fallen unconscious to the floor; secondly, when the rescuer is too small to reach around the victim or too weak to deliver an adequate thrust. When the victim is already lying unconscious on the floor, vital time can be wasted trying to pull him to a standing position. And when the rescuer is too small or too weak, the Maneuver cannot be performed effectively unless the victim is supine.

If the victim is unconscious and lying face down on the floor, the rescuer should roll the victim onto his back, with his face up. Facing the victim, the rescuer kneels astride the victim's hips and positions his hands as shown in Illustration 5. He presses into the abdomen, toward the diaphragm, with a quick upward thrust.

A. Standard Heimlich technique. Victim positions his hands slightly above the navel and below the rib cage and presses his fist into his abdomen with a *quick upward thrust.* Thrust is repeated if necessary.



The same procedure can be used with a conscious victim if the rescuer is small or weak. While kneeling astride the supine victim, the weak or small rescuer can use his own body weight to achieve sufficient force for the thrust. Using this position, children have saved their parents and petite wives their husky husbands.

It is vital that the victim's head be facing up and aligned to the midline as much as possible, although it does not need to be held rigidly in position. The head is not deliberately turned to the side to prevent aspiration should the victim vomit because turning the head twists the throat, blocking the expulsion of the obstructing foreign object. If vomiting does occur during the rescue (and the incidence of vomiting is quite small), the victim's head is quickly turned to the side and his mouth cleaned out.

The only time that head position is not crucial is when the Maneuver is performed on a drowning victim. Water can pass through the airway even if the throat is contorted.

The Heimlich Maneuver— Self-Save Technique

Both of the self-save techniques are simple adaptations of the basic subdiaphragmatic thrust (Illustration 6). In the first variation, (A), the victim simply performs the standard Heimlich Maneuver on himself. He places his hands in the same position as he would if he were saving someone else. (The knob of his fist should be directly against his own abdomen, slightly above the navel and well below the rib cage.) He then presses upward, toward the diaphragm, with a quick motion to clear the airway.

The victim can also attempt to save himself using a firm edge instead of his hands (B). He positions himself over the edge of a horizontal object such as a chair back and presses his abdomen against the edge with a quick movement.

Coming in the next issue: How to safely perform the Heimlich Maneuver on infants and children.

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LAUGH AT FOOD PRICES—HOE, HOE, HOE

. . .and bring the inflated cost of the market basket down to earth with a garden in your own backyard.

by Thomas Tilling

Illustrated by Andrea Eberbach

The best way to make money, particularly in times of high taxation such as these, is not to spend money—which is easier said than done. The rent has to be paid. A child's shoes may be in great shape, but if they're too small, one can't save money by not buying new ones. And then there's food. Even if it's spaghetti three times a week, you can't simply stop eating. You can, however, stop buying food. Or at least some of it.

What I'm talking about is an inflation garden. We used to grow even low-cost vegetables such as potatoes just because we like new baby ones fresh from the garden. Their flavor made the effort worth it, even though you could buy potatoes for 10 cents a pound at the store. Flavor was, after all, the reason we had a garden, plus the fact that we all like growing things. I never really thought of the garden in terms of money until sometime last year.

Last year, a couple of unexpected, extremely time-consuming projects bounced onto my desk, we had another baby, and any spare minute we had went into completing a dam that desperately needed rebuilding lest the next flood wash it away, along with half a dozen other dams downstream. The garden languished, with only the spring planting set out and weeds overrunning everything.

We suffered tomato-withdrawal pangs in summer. Once you've grown your own sun-ripened, dripping-down-the-chin-with-every-bite juicy tomatoes, the pink Ping-Pong balls available at the supermarket simply aren't worth buying—which started me thinking about the money we normally did

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not spend because of our garden. So I totaled up what we harvested in a good year. The result really startled me. Our garden grows $1,000 or more tax-free every year. All for less than $50 worth of seeds.

And for someone in, say, the 32-percent income-tax bracket, $1,000 tax-free means closer to $1,500 in before-tax money to spend elsewhere, and that doesn't take into account the 6.65 percent social security tax and any state and local income taxes. Growing your own, then, really makes much more economic sense than one might realize. In effect, it's a tax shelter for the average family (not a super-duper tax shelter—the average family wouldn't be that lucky—but a tax shelter nonetheless).

Now granted, in the case of our family, if we didn't have all those blueberry bushes, we wouldn't put away 100 pints of blueberries every year. But since we have the freezer filled with berries for pancakes and berries for eating with cream, we manage to polish them off handily. Not eating something else is where the savings come in. The same holds true for salads. We eat an inordinate amount of chef's salads in the summertime, certainly more than if we bought our vegetables at the store. So again, there's a saving on the food we would have bought if we had not been eating all those salads.

Speaking of inordinate quantities, you'll notice two obvious items missing from our inflation-garden list: namely, sweet corn, of which we like to make a meal in itself, and strawberries. The strawberries simply haven't been planted yet. The corn, well, the corn is an entirely different story.

The first year I planted sweet corn, the raccoons got it all. The second year, I fenced in the corn. The raccoons were not fazed. The third year, I added barbed wire to the fence, and the raccoons merely used the spikes to clean their teeth. The fourth year, I topped the barricade with electric fencing. I don't know whether the coons wore rubber gloves or used a pole vault, but again the corn was trashed—the day before I was going to start picking. So the fifth year, while we were rebuilding the dam, I made an island in the pond. I've always liked islands, and though I'm well aware of the fact that raccoons swim, I thought perhaps an island harvest would be too much trouble for them.

As it turned out, the raccoons didn't get the corn that year. When it was about two feet high, a family of wild geese ran over it more smoothly than a corn chopper would.

That was the end of my corn-growing attempts. Which is all by way of showing you that everything doesn't always come up roses in the vegetable garden.

There's also the cost of running the freezer and, of course, the time involved in putting by the harvest. But such factors do balance themselves out. The fuller your freezer, the less expensive it is to operate. And all that fresh air and sunshine in the garden is free exercise that can't really help but keep you healthier.

The first thing I would do, right now, is to send away for some seed catalogs and plan to join the millions of Americans who are growing at least some of their own food at home. If you've never grown vegetables before, pick some of the easy, fail-proof ones like sugar snap peas. Sugar snaps are edible-pod peas with full-sized peas in them, unlike the thin Oriental varieties. Simple to grow and incredibly delicious, these peas are as yet not readily available in the markets, which is another plus for your garden. You can grow things money can't buy.

Tomatoes are a must, of course. Once you have grown your own, you'll never do without them again. Like zucchini and summer squash, tomatoes are amazingly easy to grow. And once established, they need relatively little care besides watering. The ones in our disaster garden last year, for instance, kept right on producing more than we could eat even when the weeds that took over were higher than the tomato plants themselves. Interestingly enough, when the early fall frost came, the tomatoes survived, simply because they were blanketed by a protective layer of weeds. That's by no means an apologia for the weeds, but it is another indication of the unexpectedness one encounters in the garden.

Berry bushes and fruit trees take several years to bear. But once you've tasted the sweet success of a garden, they are hard to resist. Berry bushes are actually some of the easiest-to-grow producers there are. Blueberry bushes, raspberries and blackberries just keep bearing year after year, with hardly any work at all on your part except picking. And that has its own obvious rewards. One for the basket, one for the mouth, one for the

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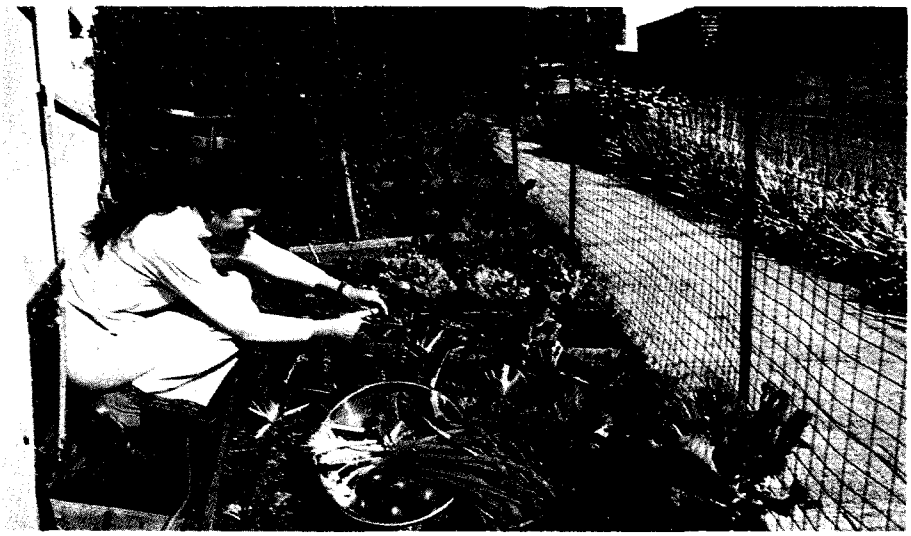

Besides providing the fun and exercise of growing your own vegetables in the backyard, a garden makes more economic sense than you might think.

basket. . . .

Inch for inch, perhaps, there is no garden space more cost-effective than that devoted to herbs. Gourmet cooking isn't the only reason people have suddenly become enamored of rosemary, sage, thyme, savory, basil and a host of other cooking flavors. The simple fact is that herbs are a great way to cut back on the food budget. Standard dishes with a new flavor are an easy and interesting way to add variety to economy cooking.

Take a closer look at herb prices next time you pick up oregano (80 cents for half an ounce), freeze-dried parsley (75 cents for 3/16 of an ounce), sage (70 cents for half an ounce) or thyme ($1 an ounce). That's $25 to $30 right there on the spice shelf for the herbs you could grow in a two-foot square. On a dollar basis, that makes an herb garden almost better than a gold mine.

A Time to Plant

If your garden hasn't been planted by May 1st, do not despair. It may be just as well—in fact, it may be even better that you waited. You shouldn't commit your seeds to the ground anyway before all danger of frost has finally passed. Even then, if the ground is still cold, those poor seeds won't do much but lie there and shiver.

The truth is, seeds planted in early May often beat mid-April plantings to the ripening deadline. If you are one who likes to go by the book and planted your peas on St. Patrick's Day, it is now time to plant a second batch. And those potatoes you planted in April are for eating through the summer (especially with your first crop of peas), but it's the ones you plant in May that will go into the storage bin for the long, cold winter.

Choose any vegetable, and the chances are you can't name one that won't mature during your growing season. Garlic cloves? Maybe. Onion sets? May 1st will just get them under the wire. Beets? Yes, but a bit risky.

Where you live, of course, determines your growing season. Mean dates for the first fall freeze for selected cities throughout the United States are listed below:

Alaska, Juneau	Oct. 19
Arizona, Phoenix	Dec. 11
California, Sacramento	Dec. 11
Colorado, Denver	Oct. 14
Florida, Tampa	Dec. 26
Georgia, Atlanta	Nov. 19
Idaho, Boise	Oct. 16
Illinois, Chicago	Oct. 28
Kansas, Wichita	Nov. 1
Maine, Portland	Oct. 15
Massachusetts, Boston	Oct. 25
Michigan, Detroit	Oct. 23
Minnesota, Minneapolis	Oct. 13
Mississippi, Jackson	Nov. 13
Missouri, St. Louis	Nov. 8
Montana, Billings	Sept. 24
New Mexico, Albuquerque	Oct. 29
New York, New York	Nov. 12
North Dakota, Bismarck	Sept. 24
South Carolina, Charleston	Dec. 10
Texas, Dallas	Nov. 22
Washington, Spokane	Oct. 12
Wisconsin, Madison	Oct. 19

By checking the number of days of maturity on your seed packet or in your seed catalog and counting back from date of first freeze, you can determine a safe date for planting.

Bear in mind that beets, cauliflower, Chinese cabbage, endive, kohlrabi, lettuce and peas can survive a light frost, and a heavy frost doesn't faze broccoli, Brussels sprouts, cabbage, carrots, chard, collards, kale, radishes, spinach or turnips. But snap beans, corn, cucumbers, summer squash and tomatoes call it quits at the slightest hint of frost.

Prepare your plants to face the cruel world by germinating seeds indoors. And don't go sticking them in the garden directly from their indoor environment. Set them outside during the daytime, bringing them in at night.

Plant your garden, if possible, where it will get "full sun." Watering consistently will further assure you of harvesting fully grown vegetables.

How Our Garden Grew

Potatoes (300 lbs.)	$ 60
Tomatoes (200 lbs.)	100
Tomato sauce (50 qts.)	50
Onions (100 lbs.)	30
Leeks (50 lbs.)	40
Winter squash (100 lbs.)	40
Halloween pumpkins & pies	20
Dried beans, various (40 lbs.)	30
Snap peas (50 lbs.)	100
String beans (50 lbs.)	50
Broccoli (25 lbs.)	20
Asparagus (50 lbs.)	50
Carrots (75 lbs.)	20
Lettuce (50 heads)	30
Cabbage (25 heads)	25
Cucumbers, fresh & pickling (200-300)	75
Peppers (25 lbs.)	12
Eggplant (50 lbs.)	25
Radishes, including giant Japanese ones for frying (50 lbs.)	40
Spinach (50 lbs.)	25
Zucchini & summer squash (too much)	25
Blackberries (20 pints)	40
Blueberries (100 pints)	100
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CARROTS AGAINST CANCER

There's a growing belief that certain fruits and vegetables rich in beta-carotene may help prevent lung cancer.

by Steve Findlay

Wasn't it enough that our mothers perpetually admonished us to consume our fruits and vegetables to "make us healthy"? Now some scientists are cautiously beginning to wag their fingers, too, in the light of mounting evidence that fruits and vegetables rich in beta-carotene may help prevent cancer.

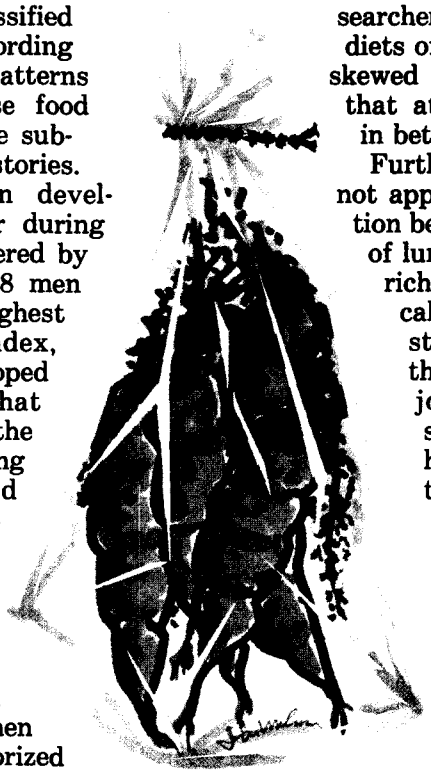
Beta-carotene is the chemical compound our bodies convert to vitamin A. It is found in large quantities in collard greens, spinach, squashes, cantaloupes, carrots, broccoli, peaches and other fruits and vegetables.

A new study, drawn from 19 years' worth of medical records of male factory workers, indicates that those men who ate more green and yellow vegetables were less likely to contract lung cancer than the men who ate foods low in beta-carotene.

The study, conducted by scientists from the Rush-Presbyterian-St. Luke's Medical Center in Chicago, the Harvard Medical School, the School of Nursing at the University of Michigan and the Northwestern University School of Medicine, follows other research findings from Norway, Japan, Great Britain and the U.S., all pointing to the cancer-preventive role of foods rich in beta-carotene.

It is the theory of Dr. Richard Peto, of Britain's Imperial Cancer Research Fund, that it is the beta-carotene found mainly in vegetables—and not the preformed vitamin A found mainly in eggs, dairy products and some meats—that reduces the risk of cancer in man. This latest study, headed by Dr. Richard Shekelle, set out to test Peto's hypothesis.

The researchers took data gathered in 1957 and 1958 about the dietary habits of nearly 2,000 Western Electric employees in the Chicago area, classified the workers according to their eating patterns and related these food preferences to the subjects' medical histories. Thirty-three men developed lung cancer during the 19 years covered by the study. Of 488 men who had the highest beta-carotene index, only two developed lung cancer. That contrasts with the 14 cases of lung cancer reported among the 488 men with the lowest beta-carotene index.



Another 17 cases of lung cancer occurred among the 978 men who were categorized as moderate beta-carotene consumers. But the researchers report that the diets of those 17 men were skewed toward the group that ate fewer foods rich in beta-carotene.

Furthermore, there did not appear to be a correlation between the incidence of lung cancer and foods rich in vitamin A (also called retinol). So the study, as reported in the British medical journal *The Lancet*, supports the Peto hypothesis it set out to test.

Dr. Michael Sporn of the National Cancer Institute, who is co-author of an article with Dr. Peto in a recent issue of *Nature*, warns of the apparent differences between beta-carotene and vitamin A. Vitamin A can be highly toxic if taken in large quantities, causing severe liver damage and possibly death. By contrast, beta-carotene is not toxic, though it can cause temporary skin yellowing if taken into the body in large quantities. Beta-carotene is only available by eating certain foods.

"People should not rush out and buy vitamin A in the hopes of preventing cancer," says Sporn. "Although some synthetically produced analogs of vitamin A, the retinoids, appear to be cancer preventive agents (in some experimental situations), the vitamin A available over the counter is not effective in this way."

What about eating foods rich in beta-carotene to lower one's risk of contracting lung cancer?

Shekelle, chief author of the

Continued on page 118

Food	Serving	Carotene* (micrograms)
Collard greens	1 cup cooked	8,892
Spinach	1 cup cooked	8,748
Spinach	1 cup raw	2,676
Squashes:		
butternut	1 cup	7,872
hubbard	1 cup	5,904
acorn	1 cup	1,722
yellow	1 cup	636
zucchini	1 cup	432
Cantaloupes	½	5,544
Carrots	1 raw	4,758
Beet greens	1 cup cooked	4,440
Broccoli	1 cup cooked	2,320
Apricots	1	1,734
Papaya	1 cup	1,470
Prunes	1 cup	1,302
Peaches	1 large	1,218
Watermelon	1 cup	564

*These figures include all carotenes; however, beta-carotene predominates. Multiply by 1.67 to get the equivalent in International Units of vitamin A.

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Charity on the Ward

Lewis shared the first dollar he ever had with a new-found friend and discovered riches more valuable than money.

by Don Tracy

Illustrated by Douglass Crockwell

Lewis was probably the scaredest kid in town. If he hadn't promised ma he would act like a grownup and go through with it alone, he'd most likely turn around right there in front of the hospital and hightail it for someplace safe.

But he had to walk up those wide stone steps that stretched ahead of him to the big red-brick building where they were going to tonsils-and-adenoids him. He had to go through that front door that looked like the way into a cave you'd never get out of and give the piece of paper he had in his hand to the lady at the desk and do what they told him to do. And always be polite; that was very, very important.

If ma had been able to come with him, it would be easier, because when a kid was with his mother he had to act as if nothing scared him or else she'd keep on treating him like a baby. But Old Missus Standifer had said no, that Lewis was old enough to take care of himself, and she didn't intend to pay good money for the time one of her servants spent in coddling a great big overgrown boy.

"Old Stand-On-Her-Head," he had muttered, while ma was taking him back to the little room over the garage. "Old Stink-Stank-Stunk."

Ma had rapped him one for that, but not hard, because it looked as though she was almost crying herself.

"You mustn't say things like that, Lewis," she'd told him. "Missus Standifer has been very good to us. And she's very old, remember."

"And rich," Lewis had said. "If I was as rich as her, I'd let you go anywhere, any time you wanted to. And you promised you would go to the hospital with me."

By that time ma was packing the Boston bag with the stuff he had to take with him, and she spoke to him without turning around.

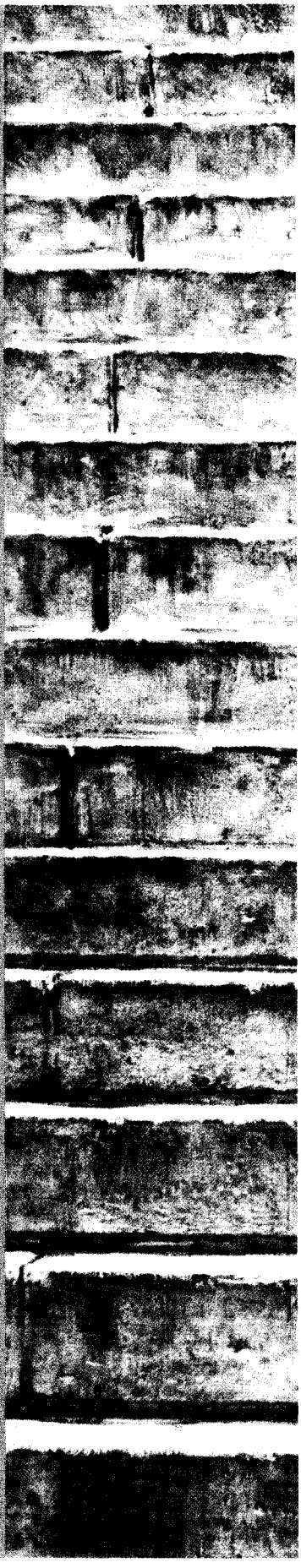
"My word," she said, "you're always claiming to be a big man, and a big man could sure get on a trolley and ride down to the hospital by himself."

"I know," Lewis said. "But I got to walk in the hospital alone."

"Ho!" ma said. "You say you're so grown up, and you can't just walk into a place and give a little piece of paper to the lady at the desk!"

"Ma," he said, "let's wait till your Thursday off, and then we can both go together, the way we were going to."

Ma explained everything again; about how this thing at the hospital was a clinic, and they didn't have enough rooms, so if a boy who was going to have



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tonsils-and-adenoids didn't come when he was supposed to, it might be a long time before he could get another chance to have the doctors do all that for free. And about how real grown-up boys didn't need their mothers to go with them, anyhow.

Well, he was there and he was scared, but he had to go up those steps. He had the Boston bag and the slip of paper and the dollar bill ma had given him, tucked in his watch pocket.

Suppose, he asked himself, the wind blew the piece of paper out of his hand. Would they tell him to go home and come back tomorrow, next week, next year, never again? He loosened his grip on the slip and watched it fall to the sidewalk, then flutter crab-ways across the walk toward the scrubby hedge.

He remembered he had made a promise to ma. He stooped and picked up the paper. He started up the steps. Behind him, somebody called, "Wait just a minute, lad, please."

He turned and there was the tallest, widest man he had ever seen in his life. But where the man's face should have been red and shining, to go with the rest of him, it was sort of a gray color that didn't look right. He was puffing as though he'd been in a race, but he had a big smile.

"Whoosh, mon," he said, "hold up. I think this auld hulk will need a wee bit of assistance in climbing yon precipice."

His clothes were awfully raggedy, and he needed a shave badly, but anybody could see this big man was no tramp somehow.

The man put a hand like a catcher's mitt on Lewis' shoulder and stood there, swaying a little.

"Why is it," he asked, "they always put hospitals on top of a mountain as high as Ben Nevis? When that young doctor told me he'd send an ambulance for me, I told him what I thought of a mon who'd say a Grant couldn't walk to his own deathbed. But when I look at those steps, I think I'd have done better to be a wee bit less chesty, eh?" He looked down at Lewis and his smile widened. "But we'll make it together."

Lewis nodded and shifted the Boston bag from one hand to the other.

"Hi, Donnie, ho, Donnie," the big man said. "By the looks of your bag, you might be the doctor who's to carve me up all proper. Would you be him then?"

Lewis shook his head, grinning. "No, sir," he said. "I'm too little to be a doctor, mister."

"But y' could do me as much good as any of them now, I've no doubt." The tall man with the half whiskers looked up at the great building that leaned over them.

"Ah, Dunc," he said, "your da was wrong. Here you are goin' into a hospital to die instead of windin' up in some low crofter's tavern with a dirk in your back, as he always said you would."

"Mister," Lewis said, "I've got to give this paper to the lady at the desk by four o'clock and——"

"Aye, lad," the man nodded. "And I'm to surrender m'self at the same time. So let's start climbin' Ben Nevis, eh?"

"Aye, a mon must be brave and true and stout, mind, to be worthy of his clan and his clansmen."

They had to stop a couple of times on the way up, but they finally got to the door and inside. The big man sat down heavily in the chair nearest the door and closed his eyes and had a hard time sucking in his breath. His face got white and then gray again, and he closed his eyes.

"Up, Clan Grant," he said, in a low voice.

A lady in white came up to them. "Can I help you?" she asked the big man.

He waited for a second and then opened his eyes slowly. "My name," he said, "is Duncan Grant, and though I'm in need of a shave and a bath, somewhere in these rags of mine there's a death warrant admitting me to this abattoir. This young mon is a friend who kindly carried me up those stairs you have outside. I have no doubt that he carries some certificate of safe conduct"—his huge paw dug into a pocket and came out with a slip of paper—"such as this."

The nurse took the paper and glanced at it. She frowned at what she read. "Mr. Grant, you were supposed to wait for the ambulance."

"Hoh!" Mr. Duncan Grant snorted. "And risk m' neck with some young eediot steering, showing the lassies how fast he can go down a busy street? Not me, my girl. I walked."

"As sick as you are, you walked?"

"Hoh! A limp and a skip it was, that's all, for a man who's marched his 30 miles a day with a full pack and an Enfield on his shoulder in his time. But take care of m' friend, please, miss, while I gather m' breath to get to the bed where I'm to die."

Lewis held out his slip, and the lady in white took it, after a long look at the big man in the chair. She read what was written there, and then she put a hand on Lewis' shoulder and led him down a hall.

Lewis heard the big man call after him. "Sign nothin' and demond the best room in the house, lad!"

"You sit here for a minute, Lewis," the nurse told him. "I'll be right back."

He sat there, and a man in a white coat wheeled a sort of a table past the door. A little while later, the man wheeled the table back again, with Mr. Duncan Grant on it underneath a blanket, and went out of sight.

The lady in white came back. "This way, Lewis," she said. He followed her to the elevator.

An old man in a gray coat and wrinkled pants looked at him and said to the lady, "Fifth, I suppose. Charity, I suppose."

The lady in the white dress looked mad, but she just nodded. The elevator went up, and they got off on a floor that was like the one downstairs, except there were a lot of doors opening off the hall.

Another nurse, a fat lady, got up from a little desk and took him down the hall to a room that looked like the locker room at the Y.

"Take your clothes off, Jerry," she said. "I'll be right back."

He took his clothes off and sat there, shivering a little, until the fat lady came back with a sort of short nightgown and a gray bathrobe over her arm.

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"Put those on, Arthur," she said.

"Yes, ma'am," Lewis said. He supposed he ought to tell the fat lady that his name wasn't Arthur or Jerry, but he didn't.

After he was in his nightgown and bathrobe, he remembered the dollar bill in his watch pocket. The fat lady was at the door, yawning, and he got the bill into the bathrobe pocket without her seeing him doing it. He picked up his clothes, as the nurse told him to, and followed her down to a place where the stuff was put in a wire basket with a tag on it. Then he went with the fat lady to a room full of beds, with a grown-up man in every one. There wasn't another kid in the place. He kept his head down as he followed the fat lady to the bed she pointed out to him.

"Here's where you'll sleep, George," the lady said. "Isn't it a nice big bed?"

It was high, all right. He managed to climb up onto it, though, with a boost from the fat nurse, and squirmed his feet between the tight sheets.

"Now, you just stay there," the fat lady said, and walked away.

He lay still, waiting for the doctor to come and do the tonsils-and-adenoids thing. He looked at the ceiling for a while and then shut his eyes and tried to sleep, but he couldn't. A nurse—a young pretty one this time—came up to him, shaking a glass thing she was carrying. She was smiling, and it was a real smile, too.

"Hello, Lewis," she said. "Bet you can't hold this in your mouth as long as Hopalong Cassidy did."

"Hopalong Cassidy held this in his mouth?" Lewis asked.

"Maybe not this same one, but one like it. Now put it under your tongue and let's see what happens," the pretty lady said.

She stuck the glass thing in his mouth, and he was careful not to move it, wondering what was going to happen. Nothing did, except the lady felt his wrist for a while. Then she took the glass thing out from under his tongue and looked at it and wrote something down on a card she took out of her pocket.

"You tied Hopalong," she told him.

After she was gone, Lewis looked at the ceiling again and then down at the windows at the far end, and all of a sudden he wasn't a grown-up man at all; he was a bawl-baby, and he couldn't help it. He turned on his side, so the others couldn't see him, and buried his face in the pillows, so they couldn't hear him. And still the noises inside him came out, no matter how hard he tried to swallow them back.

"Up, Clan Grant," somebody said. "It's not that bad, mon."

He looked around, and there was Mr. Duncan Grant in the bed next to him, smiling at him.

Mr. Grant looked grayer than he had before, and he sure needed a shave, but he was good to see.

"I wasn't crying," Lewis said.

"Crying?" the big man asked. "Show me the mon who said you were doin' anything but recitin' the kings of Scotland and I'll give him the lie. You had it all down right—about how Duncan, who I'm named for, was one of the first Scottish kings and——Would you want to hear a wee bit more about the Scots and their kings and their battles, eh?"

"Yes, sir," Lewis said. And he lay there while Mr. Duncan Grant told him about Duncan fighting the Northumbrians, and finally, just when he was going to win the war, how a general named Macbeth killed him.

"And then," Mr. Grant said, "auld Duncan's son, Malcolm Canmore, gathered the clansmen and they caught up with Macbeth on the field and killed him."

"Clansmen?" Lewis asked. "What's that?"

"A clansman is—well, it's a brother, sort of," Mr. Grant explained. "For a member of your clan, laddie, you'd do anything. Aye, a mon must be brave and true and stout, mind, to be worthy of his clan and his clansmen.

"I am not one to boast," Mr. Grant said, "but in my prime I could outshine them all, rightly dressed and shaved." He rubbed his whiskery chin.

Just then, the pretty nurse came in and said that some of Mr. Grant's friends had found out he was in the hospital, and they were going to come around and see him tonight.

"Like this?" Mr. Grant roared.

Continued on page 81

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BIGGEST BARGAIN FAMILY VACATION IN DIXIELAND

The Heritage USA resort was designed with family fun in mind—much of it free and the rest at bargain prices.

by Mary Mitchell

When you think of a resort, the first thing that comes to mind may be "expensive." The cost of taking a vacation with your family these days can be astronomical, yet there are still some bargains around. One of the best, for people traveling through the southeastern United States, is the 1,200-acre recreational resort area, Heritage USA. Just five minutes south of Charlotte, North Carolina, near Interstate 77, it is only a few hours drive from here to the Knoxville, Tennessee, World's Fair, and it's also within range of Atlanta's Six Flags and Disney World in Orlando, Florida.

The three-year-old resort is built on the remains of a bankrupt industrial park, though you'd never know by looking at it. Heritage USA is a "Total Living Center" with special activities for everyone, from three-year-olds to grandparents in wheelchairs. It's a "G"-rated resort that combines camping, deluxe chalets, swimming pools, shopping areas, fishing boats, Hollywood-style family entertainment and TV shows, all in a national-park setting.

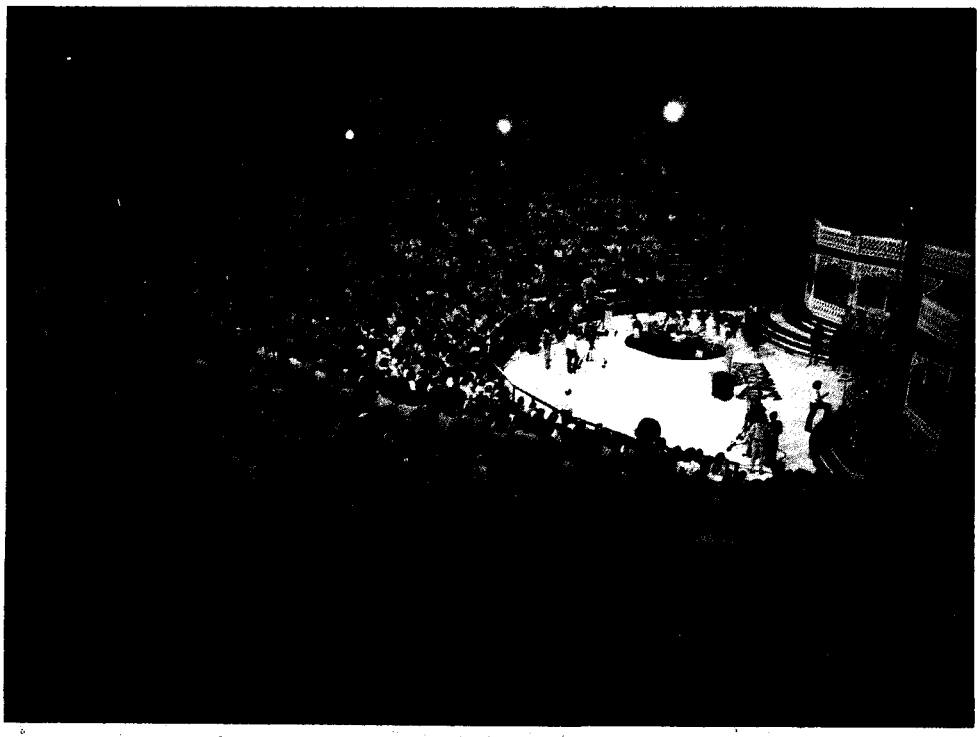
It's an exciting moment when guests approach the 1,200-acre resort in its national-park setting.

The rooms here are cheaper than the nearby Holiday Inn and offer an unexpected common kitchen and living room shared with a few other rooms. On the shore of the crystal-blue Lake Heritage, the three-bedroom chalets, with full kitchen facilities, stove, fireplace and living room, start at $55 for three adults. (Add $3 for each extra adult up to eight.)

In addition, The Wagon Wheel Inn, a down-home-style cafeteria, offers good food at reasonable prices. Recently, Gary Fitting, a former chef of several noted establishments, was hired to head up this eating facility. Tongue-in-cheek, he pointed out the "Veal Oscar" on the serving line for $1.75. "At one place I used to work, we charged $14.95 for that. . . ."

Heritage USA is the kind of place you can go for a week's vacation and never leave the grounds. Once unpacked at a campsite or room, fresh-faced teen-agers cheerfully escort you around the place in open-air trams or double-decker buses, all free of charge.

It's a place with an attitude all its own. People talk nicer. . . cleaner. There are no bars or beer cans. And cigarette smoke is almost an Unidentified Flying Ob-



The 3,000-seat amphitheater is the home of a weekly summer presentation of "Musical Heritage '82," depicting America's heritage in song, dialogue and costume, as well as the Fourth of July parade and the week-long circus.

Continued on following page

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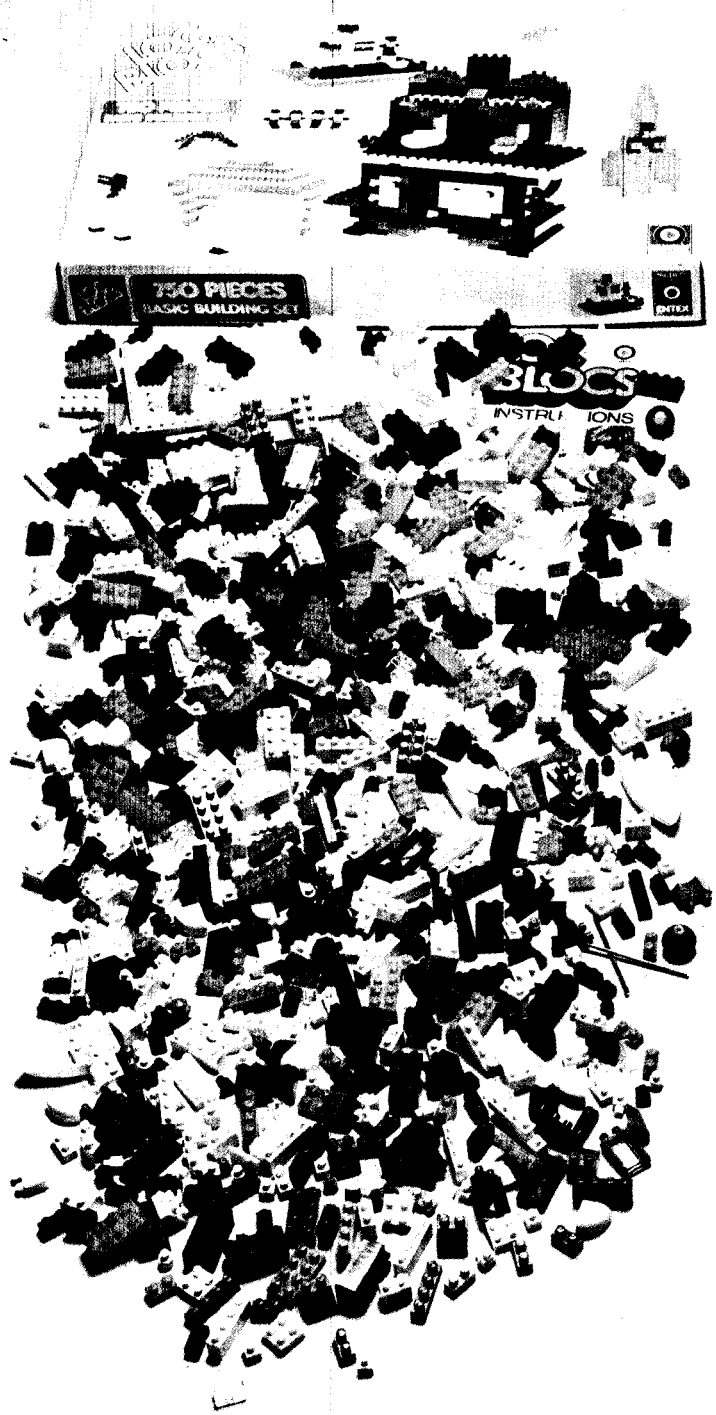

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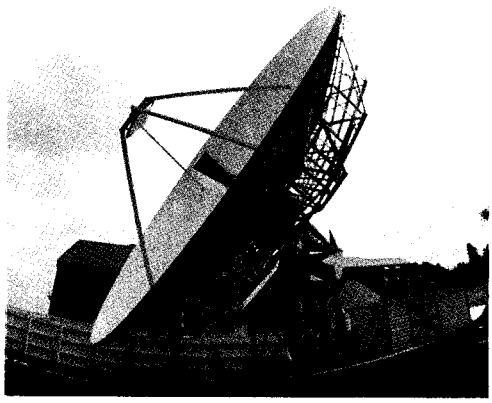


This satellite dish is the heart of the PTL 24-hour television network, with hookups throughout the resort.

ject in this isolated center.

For kids of all ages, a village of log cabins called "Recreation Village" offers an impressive package of everything from ping-pong and Pac-Man to basketball, swimming, tennis and horseshoes.

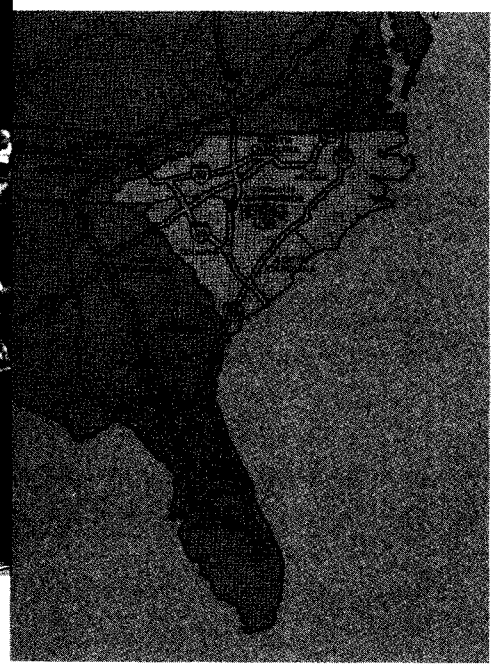
This may seem well and good for the kids and hubbies, but what about moms? Obviously, no one was left out, for the center offers an amazing variety of shops.

The Gold Exchange is a jewelry shop offering everything from estate diamonds to sterling-silver figurines. The General Store is a log-cabin version of a "7-11" with a wide selection of RV supplies for the camping customers.

But if bargains are your fancy, Heritage USA has those, too: 99¢ Store, stocked with a unique selection of. . .well, a little of everything. . .all for 99¢ each.

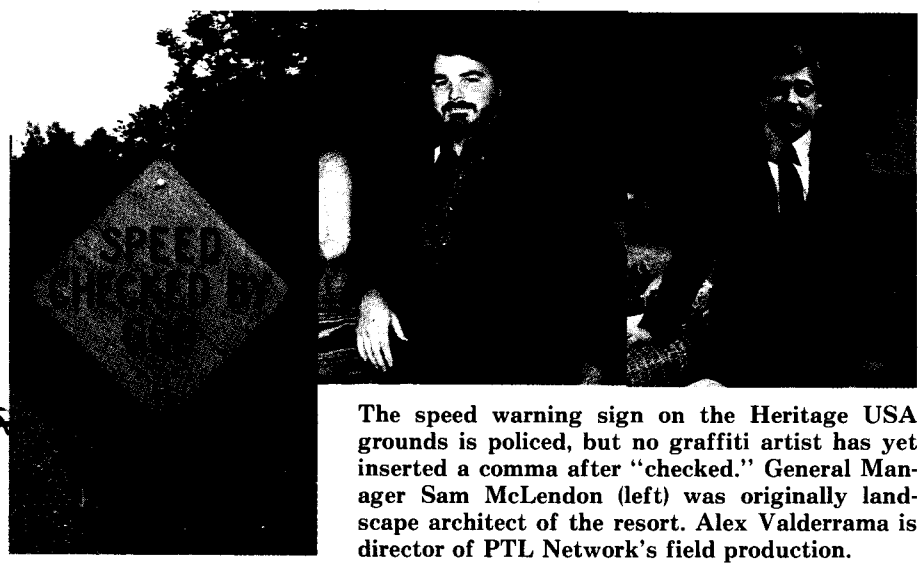
And weekly, an old-fashioned auction is held in a barnlike building near the General Store. About anything you could name is sold to the highest bidder, from jewelry to furniture to, well. . . junk.

A few miles into the center, the area takes on an even more rustic look as countless log cabins come into view. The log registration building is filled with slow-talking Southern hosts who'll guide you to your accommodation for the night,



Jim Bakker, well-known television evangelist, and wife Tammy are founders and star attractions at Heritage USA, located five minutes south of Charlotte, North Carolina, on U.S. Highway 77.

Roger Flessing, executive vice president of the PTL Television Network, makes production of "live" TV a fascinating show in itself.



The speed warning sign on the Heritage USA grounds is policed, but no graffiti artist has yet inserted a comma after "checked." General Manager Sam McLendon (left) was originally landscape architect of the resort. Alex Valderrama is director of PTL Network's field production.

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where you will happily pitch a tent or back up your Winnebago to enjoy the more plentiful campsites. Bathhouses offer bathtubs for the ladies, an almost unheard of luxury in the camping industry.

While most KOA-type camps are charging $12 a night and up, plus additional charges for large families and air conditioning, this resort offers $5 sites to tenters and huge sites for trailers for $9. . .with no add-on charges.

"We built Fort Heritage with families in mind," related General Manager Sam McLendon. "And price is a major factor to most vacationing families."

McLendon speaks almost reverently about his commitment to this type of vacation environment: "Too often, I've seen park planners level the grounds and then start to build an aesthetically pleasing resort, and it just doesn't work. Here at Heritage USA, we took great pains to retain the natural beauty of the land, and I think it has paid off."

Heritage USA also boasts an attractive neighbor. The 77-acre theme park *Carowinds* also straddles the state line of NC/SC. This amusement center offers a wide variety of rides and shows and this year is promoting its "Rip-Roaring Rapids" raft ride, a new $2.75 million attraction.

The mastermind behind Heritage USA's concept is both creator and star attraction—Jim Bakker, the well-known television evangelist. And this rustic retreat is home for one of the most advanced television studios in the United States.

Monday through Friday, Jim and Tammy Bakker step out on their colorful "homelike" set to greet hundreds of cheering fans and to introduce such guests as Efrem Zimbalist, Jr., Pat, Shirley and Debby Boone, Dale Evans and Roy Rogers. Tastefully designed like an overgrown barn in the woods, the 1,000-seat church/studio is "home" to the PTL Club with Jim Bakker.

The whole facility is a new concept in family resorts—or such a vast uplift of the old Christian camps that it may as well be. It looks as if Jim Bakker and Heritage USA will rise to lofty heights in the resort industry. ★

Charity

continued from page 77

"No, tell 'em I'm too sick to see anybody!"

"But, Mr. Grant——"

"With a face like a hedgehog?" the big man asked. "No, lass, I can't let my clansmen see me this way. It's better they don't remember auld Dunc Grant in a charity ward without even the price of a shave to make him look halfway decent enough to meet the Gloomy Piper face to face."

"Now, Mr. Grant," the lady said. "You know your friends won't mind if——"

"Hoh!" Mr. Grant broke in. "I have m' pride, miss, and no clansman of mine is goin' to remember me like I am now. Unless some of your assistant butchers might shave me, eh? Is that included in the price of nothin' I'm payin' for this swan's-down bed?"

"Well," the pretty lady said, "there's an orderly who could shave you, Mr. Grant, but——"

"But I've not a lead penny to pay with, eh? Y' know now my pockets are as empty as my head." He gave a great sigh. "Never mind, lass, and tell Mac and the others I can't see them tonight."

"The orderly," the nurse said. "Maybe you could owe him and pay him later."

Mr. Duncan Grant grinned at the lady as he lay back on the pillow. "Pay him when, miss?" he asked. "Tomorrow or in the hereafter? Because they're like to be one and the same, I think."

It was then that Lewis forgot he must never speak until he was spoken to, and he said, "I've got a dollar bill, Mr. Grant. And you could pay the man for the shave with that."

The big man rolled his head to look at him and his thick eyebrows came down hard. "D' you think Duncan Grant is reduced to stealin' pennies from children? Ah, if I had my strength you'd feel the flat of my hand for your insolence. I'd——"

Then the scowl left his face and the smile came back, the smile that reached down into Lewis and twisted something deep inside him. "You have just one dollar bill, eh, laddie?" he asked.

"The first one I ever had," Lewis said. "Ma said maybe I'd need it, but I won't. And you—you won't let the clansmen come in to see you unless you get a shave, and I want to see a clansman, Mr. Grant. With the bagpipes and the dirks and the men all yelling, 'Up, Clan Grant!' "

The big man looked at him for what seemed a long time and then up at the pretty lady.

"Please, Mr. Grant," she said. "It would mean so much to him."

"Aye," the big man said, nodding. "I guess it would, at that." He chuckled and nodded again. "All right, my young friend, I'll have my shave, and you'll stand the tab, and bless you. But don't expect too much of my clansmen when they come wambling in to see me."

So the pretty lady got a man in a white coat, and he shaved Mr. Duncan Grant, the big man grumbling and swearing all the time, and Lewis paid the man with his dollar bill.

Mr. Grant rubbed his chin as though he liked the feel of his smooth skin. He looked a lot better than he had before the barber had run the razor over his face.

"Laddie," he said, "it took a long time for me to know it, and I came close to not knowin' it at all, but the things they say in the kirk are right, after all; there's goodness in this world. I thank you, young friend. . . . Hi, I don't even know your name!"

"Lewis," the boy told him. "Lewis Mitchell."

"Thank you, Lewis," Mr. Duncan Grant said. "You're a good mon."

The clansmen who came to see Mr.

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Charity

continued from page 81

Grant were almost as big as he was, and somehow they looked just like him, even though one of them had black hair and one of them had light hair and one didn't have much hair at all. They talked the way Mr. Grant did, even though none of them wore a kilt or a tartan or a sporran.

"Well, Dunc," one of them said. "So they've finally caught up with you, eh?"

"A temporary setback, you might say," Mr. Grant told them, rubbing his smooth chin and smiling. "I'll be curling with the lot of you next winter, and beatin' you, as always."

"Hoh!" the man with no hair laughed. "And helpin' the stone along with a brush of your soopin' broom, as always."

"Listen to the mon!" Mr. Grant hollered. "There never was a time I——" And that was as far as he got, because the gray look came over his face, and he fell back on his pillow.

The three clansmen looked down at him, and one of them rubbed a hand hard over his face.

"Dunc, Dunc," the black-haired man said. "Why didn't you let us know, mon? Y' know we'd have been proud to have helped you."

"I needed no help," Mr. Duncan Grant said. "Until today, that is. And then my friend here came to my assistance. This is my young friend, Mr. Lewis Mitchell.... Lewis, this is Mr. Angus MacMurray and Mr. George Duguid and Mr. Donald MacNew."

The three clansmen looked at Mr. Grant and then back at Lewis and, one by one, they walked over to shake hands with him and say they were glad to meet him, all of them using words that had a soft rattle in their insides.

He'd hardly finished shaking hands before ma came in with some comic books and stuff and sat down beside his bed. He was always proud of ma; she looked so fresh and crisp, no matter how hard she worked for Old Missus Standifer.

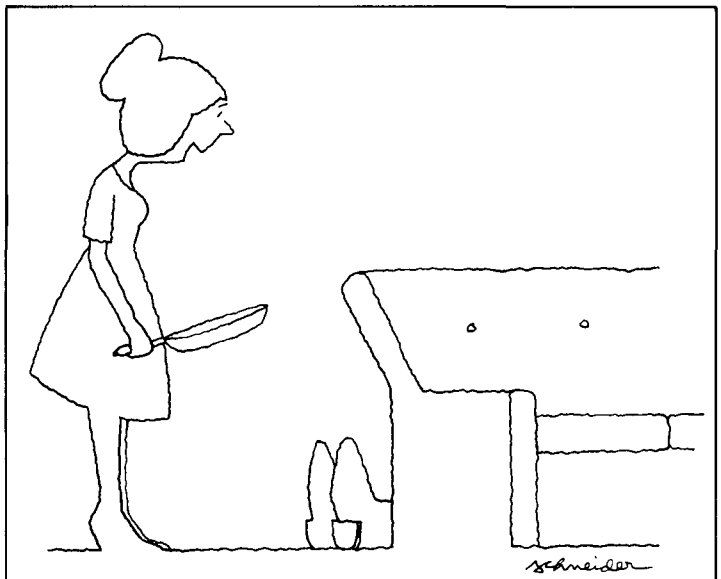
"You must be Lewis' mother," Mr. Grant said, from the bed beside him. Ma nodded and the two smiled at each other.

"He's a fine boy and a friend of mine," the big man said. "You should be proud of him."

"I am," ma said.

Then Mr. Grant introduced Mr. Duguid and Mr. MacNew and Mr. MacMurray to ma, and they all said they were glad to meet her. Ma turned back to him and asked how he was feeling, and he said fine. He didn't say anything about spending his dollar to get Mr. Duncan Grant a shave, but that was only because he knew Mr. Grant wouldn't want to have the clansmen hear about it. He knew ma would know it was the right thing to do.

It seemed as if ma had hardly got there before a nurse came through the room, telling everybody that it was time for visitors to leave. Ma kissed him and told him to be a good boy and then she left, along with most of the other folks who'd been visiting at the other beds.



"Gee, Ed, do you realize we've just had our first quarrel? Ed? Hey, *Ed...."*

The three clansmen were the last to leave, and as they shook hands with Mr. Duncan Grant, one of them said, "If that's the way you want it, Dunc, that's the way it'll be."

"That's the way I want it," Mr. Grant said.

Later that night, Lewis was turning from side to side in his bed, wondering just how much tonsils-and-adenoids hurt, when Mr. Grant whispered to him from the next bed.

"Don't you worry, laddie," he said. "Take my word, you won't feel a thing."

"Yes, sir," Lewis said. "And the clansmen were great, Mr. Grant."

"Those—well, you've nothin' to worry about. With me, it's a wee bit different. I told you about the plaid, didn't I?"

"You mean the piece of cloth that's like a flag, sort of?"

"Aye, like a flag, and the proudest flags that ever were flown," the big man whispered. "They're the plaids that fought with Robert the Bruce and the Red Comyn. They won at Bannockburn, and they lost at Dupplin Moor, but always with honor. And a man can die content knowin' his plaid is goin' down to his son.

"But I have no son," he said after a while. "My boy, a lad not much older than you at the time, went to a place called Dieppe, and he didn't come back. So, if things go wrong tomorrow, he'll not be here to take my plaid."

Something in his voice made it sound as if things would be sure to go wrong tomorrow. Lewis felt sorry for Mr. Duncan Grant, who had a plaid with no son to take it.

"So I've made arrangements," the big man said. "Now go to sleep and remember someday that you made an auld man happy with your wonderful dollar bill."

Lewis woke up when the nurse touched his shoulder. He looked over at the bed where Mr. Duncan Grant had been, but it was empty.

"Where's Mr. Grant?" Lewis said.

"Never mind about Mr. Grant," the nurse said. "Let's see about making you all clean and pretty for the doctors."

He washed in the basin, wondering about Mr. Grant, and then they took him to a big, clean, terrible room, and somebody put a thick rubber thing over his face. There was a too-sweet smell and his head buzzed, and then he was back in bed, being sick in a basin and with his throat sore. Some lady in white told him his tonsils-and-adenoids were over, but he was too sleepy to care much.

He slept, and when he woke up, he looked over at the bed where Mr. Duncan Grant had been. There was another man there.

He lay there, napping now and then, and looking at the ceiling between naps, wondering where Mr. Grant was. Then once, when he opened his eyes after a nap, there were a lot of men standing at the foot of his bed.

His heart came up into his throat because these were the clansmen, the real clansmen! The clansmen that Mr. Duncan Grant had talked about, with the scarfs that were tartans, and the little skirts that were kilts, and the big furlike pocketbooks that were spor-

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Charity

continued from page 82

rans, and the dirks on the side of the leg, as he had said, and the tattoo marks on the knees, and—and there, behind the ones in front, were the men carrying the things that must be bagpipes.

The fat lady was looking worried and saying something about nobody could play those things in here.

"Not here, miss," a man said. "That'll be later."

He stepped forward, and then Lewis saw the man was Mr. MacMurray, and behind him were Mr. MacNew and Mr. Duguid, and all of them looked a lot different from the way they had when they had walked into the ward before. Now they all looked like somebody Mr. Duncan Grant was. Lewis wished Mr. Duncan Grant were there with the rest of the clansmen.

Mr. MacMurray came up to the bed and put a heavy piece of cloth across his chest.

"A man must be born into Clan Grant," Mr. MacMurray said, "but there is such a thing as an honorary membership, too. It was Dunc's wish that his plaid should go to you, Lewis Mitchell. And when you're feelin' up to it, we'll have the proper ceremony, with the pipes and all, and from this time on you're an honorary member of Clan Grant. Wear your plaid proudly and never do it dishonor."

"Gosh," Lewis said. He fingered the heavy plaid. "Gosh, mister!" He wanted to say thanks to Mr. Duncan Grant and the others, but he couldn't talk. He lay there and shook hands with each of the clansmen as they walked up to his bed. Finally, it was all over and the tall men in their kilts were walking out of the ward. And it happened.

A skinny-faced man across the room spoke out so that everybody heard him. "That's a hot one," he said.

"A hot one?" Mr. MacMurray asked, stopping at the doorway.

"Yeah. This is the first time I ever heard of a nigger kid bein' made a Scotsman."

Mr. MacMurray turned back from the door and marched over the skinny-faced guy's bed and bent down over him. His voice was a growl.

"Young mon," he said, "it's a lucky thing for you that you're already in a hospital bed, or I'd put you in one."

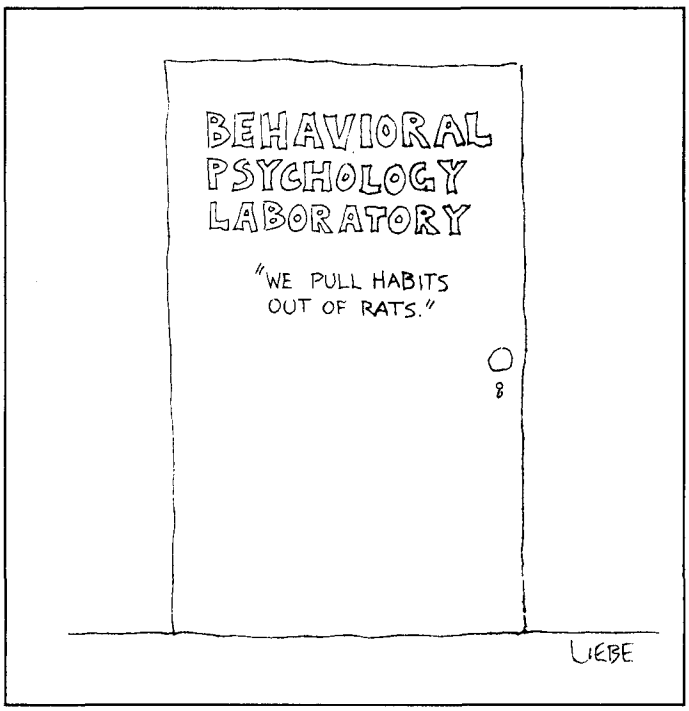
"Listen," the thin-faced man said. "I was just makin' a joke."

"You don't joke about a Clan Grant mon," Mr. MacMurray told him. "Or at least you don't joke twice. See that you never joke again about my clansman, or I'll forget that you're a puny twitter and treat you like a mon."

With that, he turned on his heel and followed the others out.

Lewis looked down at the red, green and blue plaid, worn at the edges, with a snagged thread here and there, and not even the things the thin-faced guy across the room had said could spoil his happiness.

Wait till ma came! Wait till she heard what happened! And wait till he met Mr. Duncan Grant again somewhere to thank him—Mr. Duncan Grant, his clansman. ★



Selleck

continued from page 65

weren't right for him or that were too racy.

In spite of his current super-wages (estimated at $75,000 a week for the series and nearly $1 million for his first movie), Selleck insists, "I'm still the same guy who did television commercials for Pepsi Cola at $250 a shot."

But when "Magnum" came along, the unknown actor nearly didn't take it, for he didn't see himself in the superhero mold. He remembers, "I asked to have a look at the script. They showed it to me, and I didn't like it. As Magnum, I would be taking up where Sean Connery left off as Agent 007, with a Hawaiian setting thrown in for good measure. So I turned it down. I wasn't hungry." He was making more than $25,000 a year at the time, due to ads, and that was enough for him.

Born in Detroit, Tom moved with his family to Los Angeles when he was a preschooler. His major interests were centered on sports, and he eventually landed a baseball scholarship. In college, he majored in the arts, at which he didn't get the highest marks. After two years, he left college for modeling, which led to commercials. His first "acting" experience consisted of two shots on "The Dating Game." Then he was put under contract to Fox, which failed to exploit him properly, giving him bit parts in mostly unsuccessful movies.

During the so-so years, he married another Fox "model," named Jacqueline Ray. "Neither of us, then, wanted to go terribly far," allows the actor. "It was enough to be able to pay the bills, with something left over." Selleck became foster father to Jackie's son by a previous marriage, and despite the separation, the three are still close today.

When "Magnum" was offered to him and turned down, CBS and producer Don Bellisario agreed to make some changes for him. "I had no ambition to become another Burt or Garner or, heaven forbid, Bob Redford. So they agreed to redo the Magnum character—he would not always get the girl, and he would occasionally blunder badly, and so forth." It was a more human, modest approach, which struck a responsive chord with viewers almost from the start.

He compares himself with his TV alter ego: "There's a lot of me in Magnum, but we're hardly twins. For one thing, Magnum's a pretty resourceful free-loader. I'm not nearly as resourceful or as cheap. He's good at deals—I'm not, necessarily." Tom is the only of the Selleck offspring who didn't follow his father into the business of real estate. When he appeared on the soaper "The Young and the Restless," some of the actor's friends felt he was ashamed to tell his family. But Tom has also been involved in good TV movies, the most recent of them being *Divorce Wars* with Jane Curtin.

Does he ever wish success had come earlier? "Never. This way, it's more stable. I'm more stable. I enjoyed my life before 'Magnum,' and I'm enjoying

Continued on following page

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it after. I just didn't imagine the amount of work. . . ." Sunday is Selleck's only day off. He spends it playing volleyball on the sand in front of the simple house he owns on Oahu, far from bustling Honolulu. He also likes to scuba dive and exercise. Asked why he doesn't buy a more sumptuous residence in the Kahala district (as Jack Lord, Carol Burnett and Jim Nabors have done), Tom shrugs. "I'd feel out of place, all alone in one of those mansions.

"Mine is just a small place on a small lot, but it has a good view. I like things underscale, and I'm not greedy. I felt that if I was working this hard, I ought to reward myself with a place to retreat to." His home includes functional wicker furniture and a relaxing tub to help with the insomnia he experiences during his hectic schedule.

Whenever he can, the actor jets to Los Angeles, to visit his family: Jackie and her son Kevin (13) and their Gordon setter McDuff (who shares Selleck's Scottish heritage). Tom admits to "missing the built-in support of a family at home, or at least nearby." He does hope to have children of his own someday, but insists that after so long with Kevin, he wouldn't feel as if Kevin were a stepson, but also one of his own. And marriage? "I still feel Jackie is my wife," he intones. In L.A., it's sometimes remarked that the lovely blonde doesn't date other men, and some insiders believe it's only a matter of time until the couple gets together again.

One thing—about the only thing—that Selleck takes pains to make clear is that he didn't separate from Jackie after his "Magnum, P.I." success. "We went our own ways some six months before I even did the pilot," he explains, not wanting the public to think his new-found fame and fortune meant he turned his back on his past. He also remains as close as he can to his parents, who dwell in the L.A. area. But he regrets not seeing them more, due to geography. "It seems like the only time I get to see or talk to them is when I'm in need of something, like someplace to store my car."

Looking back, Selleck has few if any career regrets and is much more casual talking about his work than about those close to him. One thing he takes pride in is disproving "my critics who thought I couldn't do comedy—they thought because I was 6'4" I couldn't be funny, just heroic. There are all these stereotypes floating around in Hollywood, and nothing seems to disprove them." In the late '60s, when Selleck began "putting myself on the line" for roles, he found his Gable-ish type wasn't "in." It was the time of the antihero, and ethnic types were taking over movies. "I think there's room for everybody, and I wish they wouldn't go too much one way or the other. I think my biggest problem has always been being taken seriously.

"I walk into a casting office and I'm tall, and I imagine they say to themselves, 'Who is this big, dumb guy? What's he trying to do, get by on his appearance?' And lots of people resent it—but though they resent me, sometimes, they should be resenting Mother Nature, if that's how they feel they have to react."

Since "Magnum," Tom has been offered several ads, campaigns and pitchman spots. He's turned them all down and is only continuing as "the Chaz man." He figures, "I like it because I won't have to do any other commercials. It will be just Chaz, for Revlon, which is a pretty classy outfit. I'm not going to escape the leading man syndrome, so I might as well capitalize on it a bit. I had to work against my image for a long time, especially in small parts. It was a problem, but now people can see that I am a professional actor and the sum of my experiences."

He claims to be a student of humanity. That is, "I like observing people, their actions and reactions, how they relate to each other. This is what I can use in acting. Life is my material, and anyway, I'm interested in people—I like them. I think some actors don't much care for people, or else they don't want contact. But to thrive as a performer, the more you're with and part of people, the better." Before departing for Europe, Selleck stated, "I'm looking forward to going somewhere where I won't be a Name or a Face or a Personality. I can just be one in the crowd and breathe normally again."

Reportedly, producers like Lord Grade and Dino de Laurentiis have tried to sign Selleck to exclusive film contracts, guaranteeing several fringe benefits and considerable freedom of choice. He admits, too, that he's been offered parts that called for him to participate in sex, violence or profanity. "I didn't want to take on projects where I'd have to look back and regret what I did. 'Magnum' is entertainment that can be enjoyed by all ages. I think it's nice if a movie can also entertain everybody, and not alienate too many, or gross you out." The actor allows that he's now "sure I'm going to be acting all my life," but he doesn't want to be tied down to any producer, genre or even to movies themselves. "I've worked in them, but carrying a movie, that's gotta be different. Ask me how I feel when I'm done with *High Road to China*."

Nonetheless, Selleck isn't afraid of hard work, and it's likely he'll appear in another film before the year is over. One project that has Hollywood buzzing is a reported teaming with Barbra Streisand, who had planned to do a sequel to *The Way We Were* with Robert Redford, before he gave up acting chores to turn his talents to directing; Selleck may well become the one to fill Redford's shoes. Is he excited about his prospects in the most prestigious medium? "I'd be dead if I weren't excited," he grins. "I mean, to work with that caliber of people and do good work in good movies. . . . But I'm not gonna bust a gut over it or count my chickens before they hatch.

"You can only cram so much into one day, and then you gotta stop, rest and reflect on what it all means. It doesn't mean you're a better person. It means you're busier, so you have to hang on to what's important to you."

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Churches

continued from page 14

should bypass their agencies to fund the guerrillas.

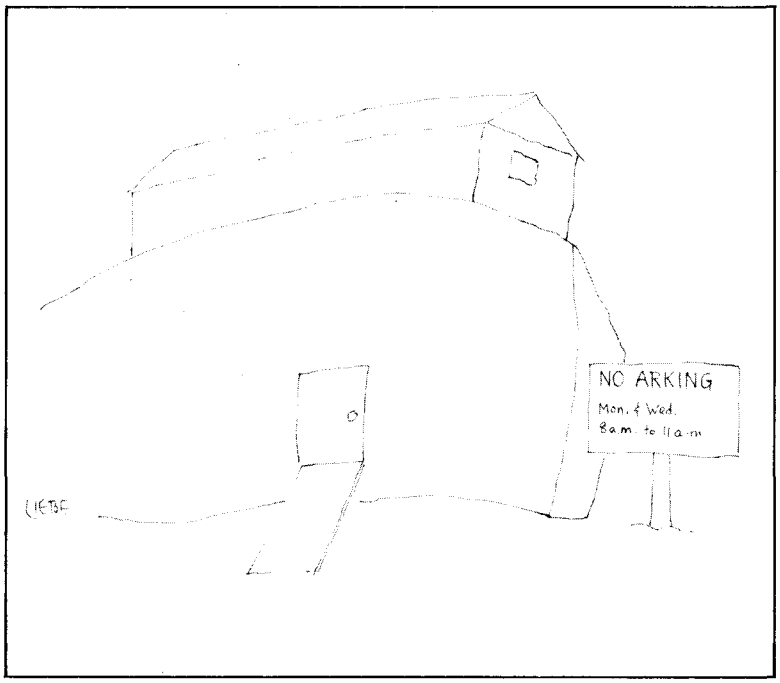
Harry W. Williams, international secretary of the Salvation Army, reminded the WCC that his organization has been in Rhodesia/Zimbabwe for 80 years, and it vigorously "combats racism." "Should not. . .WCC funds be mediated through such church councils, rather than directly to a militant organization?" he asked. And though WCC officials insist that this and other such grants to revolutionary groups are to be used for humanitarian purposes, they acknowledge they have no real control over how all the money is actually spent once it is delivered.

The armed struggle in Zimbabwe has ended, but the fallout from that controversial grant continues, as do the PCR and its "humanitarian" grants to other such movements. A favorite recipient is SWAPO (the Southwest Africa Peoples' Organization), which has for years waged a war against South African control of Namibia. SWAPO received $200,000 in 1980, with a similar group in Namibia getting an additional $150,000 and a resolution by the WCC Central Committee in late 1981 calling for still larger amounts.

Other recent grants include $44,000 to a group of Australian aborigines who are seeking to stop oil drilling in the far north of Western Australia, $10,000 to the Movimiento Ecumenico Nacional for support of the "decolonization" of Puerto Rico, $15,000 to the Council for Yukon Indians to help stop pipeline construction in Canada and $10,000 to an Arizona Indian group trying to block the development of a ski resort in their area. And the list goes on—in all, 47 groups received money from the PCR last year to "combat racism" in similar fashion. And this in the face of budget deficits and an overall program of WCC austerity. It is little wonder that the PCR is a controversial aspect of the Council's increasingly political role. The typical member of the United Methodist Church, for example, might understandably question whether the half million dollars his church gives each year to the WCC might not be better used by a church agency with a more tightly focused view of the Church's mission.

On other fronts, the WCC has taken positions that do little to reassure those who fear it pursues an increasingly extreme political posture. In 1981, for example, its Central Committee went on record as follows:

* sharply criticized the U.S. role in El Salvador as "callously aiding and supporting the forces of repression."
* called for a reduction of U.S. influence in Guatemala, Costa Rica, Nicaragua and Honduras.
* appealed to its member churches to "press governments to enforce comprehensive sanctions against South Africa."
* disapproved the annexing of East Jerusalem by Israel.
* deplored the work of the "pro-gun lobby" in the United States.
* called for immediate negotiations with the PLO as a way of settling Mideast tension.



In contrast, expressions of concern over the human-rights violations in Eastern bloc countries or objection to Soviet influence in Poland or to the invasion of Afghanistan are muted or nonexistent. Somehow the sins of the Left do not elicit the same anger from WCC staffers as do the sins of the Right. Righteous indignation, WCC-style, occurs on a rather selective basis. Lefever has an explanation: "One reason," he writes, "is the dogged determination of many religious leaders in an increasingly secular society to seek to recapture moral authority, if not headlines, by running with the radical-chic pack—which usually takes its cue from the hard Left on political issues."

The WCC's willingness to mix religion with politics is shared by the National Council of Churches, its United States subgroup. The NCC, in fact, has begun taking official positions on partisan political issues at home. At its biennial meeting in June of 1981, the governing board of the NCC issued a message to its member churches containing a scathing review of President Reagan's policies. It described the NCC as being in "fundamental disagreement with the Reagan administration's vision of who we are and where we are going." The report went on to express alarm at Reagan's proposals for military spending, social budget cuts, foreign policy and his environmental policy. The Reagan program, it said, "threatens the vision of America as the model and embodiment of a just and humane society."

While that is certainly a legitimate political view, it is difficult to understand what is specifically "Christian" about it. With such pronouncements filling the air, many American pastors are hard-pressed to convince their already dubious parishioners of the nonpolitical nature of the NCC and its parent organization. The next Assembly of the WCC is scheduled for 1983 in Vancouver, its first return to North America since the 1954 Evanston meeting. In the year preceding that event, the American press will likely give greater attention than ever before to the policies—and the politics—of this now-controversial religious organization. It may well be a crucial year for the public image of the WCC in the United States.

Will the World Council of Churches finally turn away from its current politically oriented path under such close scrutiny? Or will its leaders continue to place the organization's main emphasis upon secular concerns before those spiritual matters more properly belonging to the Kingdom of God?

Ultimately, it is the man or woman in the pew, the church member who sings the hymns and pays the bills, who must decide what is the proper role for "fellowship of churches which accept our Lord Jesus Christ as God and Savior."

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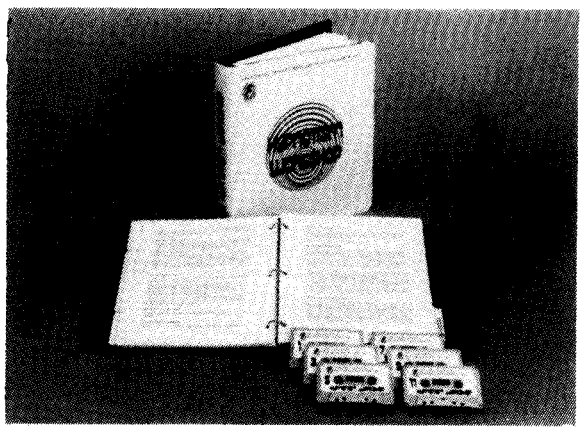

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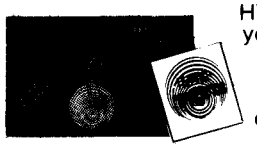

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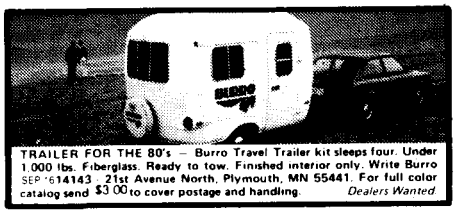

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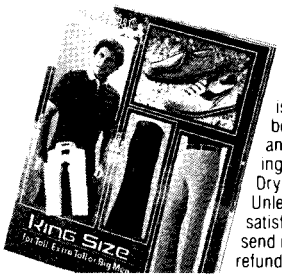

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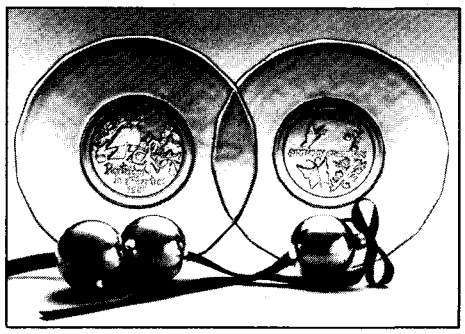

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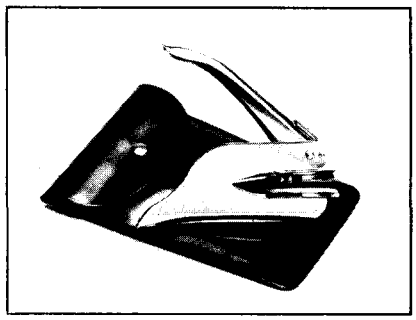

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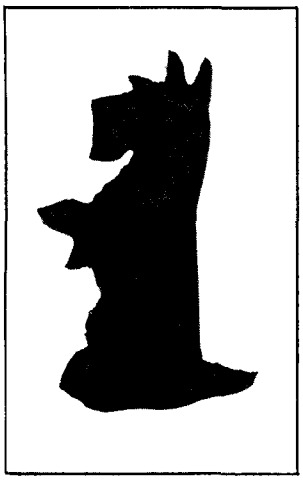

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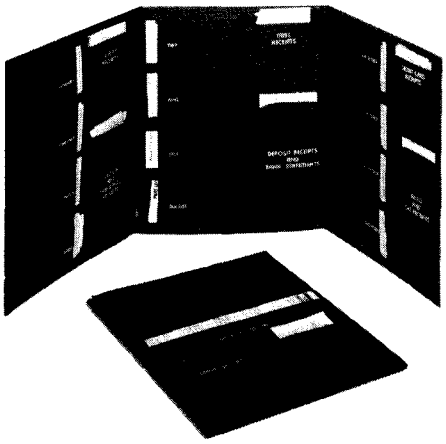

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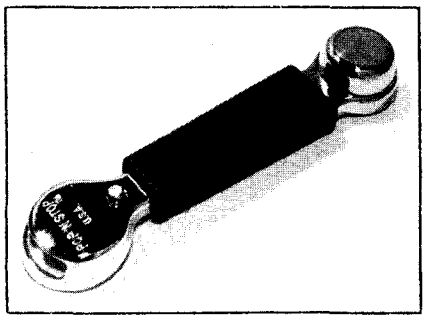

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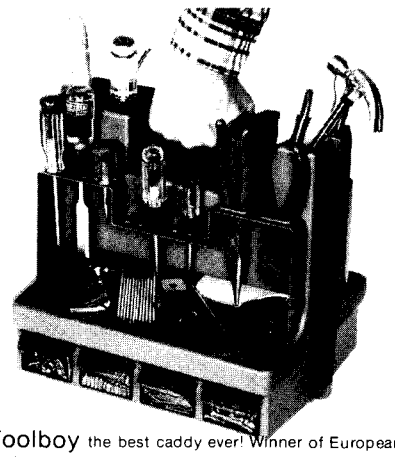

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ANTIQUE SHOPPE

Rather than put your money in stocks, bonds, real estate or the mattress, you may have decided to invest in antique jewelry. Or, perhaps already bitten by the hobby, your interest is in adding to your collection. Whatever the reason, a few suggestions certainly won't do any harm.

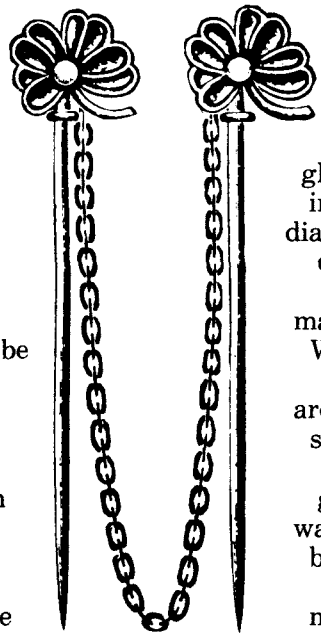
One of the most authoritative sources for those suggestions, descriptions and prices lies between the covers of *The Official 1982 Price Guide to Antique Jewelry,* compiled by Arthur Guy Kaplan.

The first suggestion comes in the form of a warning: Let the buyer beware. (*Caveat emptor,* as the Latins used to say.) As the author points out, most antique jewelry dealers are anxious to share their knowledge and allow the public to examine their stock. Thus, antique shows provide hours of entertainment and free education without the requirement of a single purchase. However, of the enormous quantities of antique and semi-antique jewelry for sale in specialty and antique shops, jewelry stores and flea markets, much of it is sold by owners "who only guess at the value. . .who wonder about determining the date or place of origin and who aren't sure about the metal content." To the many buyers who are perhaps even less knowledgeable, a few clues may help distinguish between what is of value and what may be reproductions that belong in the kids' toy box. Just as intentional swindles are common, so are cases in which very valuable heirlooms are sold for a small fraction of their real value—just because the owner had no really reliable source of information when buying.

Gentlemen's pocket watches, with prices up to $14,000, may be a poor place to begin. But don't be scared off. That $13,000 to $14,000 price range is for a "seed-pearl pave, high-grade movement, fusee, jeweled, OF, gold, English, c. 1830-60." But let us quickly add that there is also the "Elgin Commander with train-and-flower engraved motif, gold-filled, c. 1896," for a lowly $175 to $200. Between the two lies every novel and fanciful style imaginable, many with equally fanciful prices.

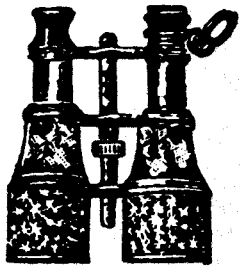
For the moderate price of $3,500 to $4,000, the collector might pick up a watch in the shape of an oriental harp, "pierced and engraved, enamel dial, steel hands, silver gilt, signed: *Ruegger a Geneva,* c. 1790."

Commanding a less moderate price of $6,000 to $8,000 is the "figural mandolin watch, polychrome cobalt-blue and black enamel, seed pearls, glazed window exposing balance, enamel dial, steel hands, verge escapement, opens to reveal watch, gold, maker: Johann Jar in Wien, c. 1815."



If something around $150 to $175 should fit your budget better, there are the gold-filled American watches (c. 1896) with bicycle-and-rider motif or castle engraved motif.

Charms, fobs and seals are a full-time hobby or business unto themselves. In gold, gold-filled or sterling silver, you'll find charms in designs from bulls and binoculars to cars to cats to casks to compasses, goats to garden tools, horns to horseshoes, paddles to padlocks, rams to revolvers. Emblem fobs mainly feature the fraternal organizations. Seals range from the $2,000 to $2,200 Blackamoore motif with diamonds in the collar to a simple intaglio of a monogram for $250 to $300. As for charms, a gold-filled revolver may be had for $15 to $25, while



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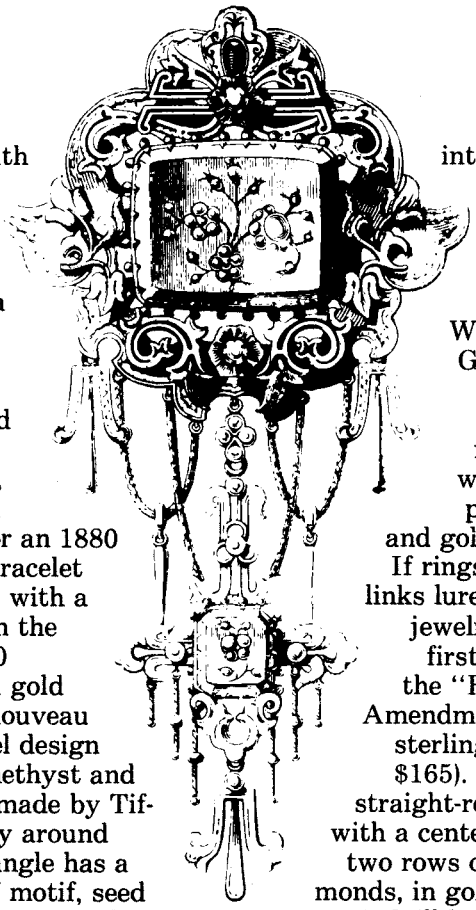
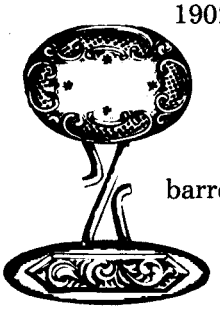


a wolf's head with ruby eyes, diamonds, silver and gold (c. 1870) may command a price of $350 to $375.

Should bracelets, bangles and beads be your current interest, $2,000 is not an unusual price for an 1880 gold bangle (a bracelet without a clasp) with a cameo center. In the $5,000 to $5,500 range, we find a gold bangle of "art-nouveau motif in a swivel design with faceted amethyst and colored stones, made by Tiffany & Company around 1915." If the bangle has a "watch and leaf motif, seed pearls, enamel leaves and a watch with visible balance, diamonds, enamel dial, steel hands, cylinder escapement with gold slide, made by Pierre Gregson at Paris, c. 1790," be braced for a price of $25,000 to $30,000. If, however, $85 to $110 is more your speed, there's the "American-made hollow oval bangle, hand-engraved in sterling silver, c. 1902."

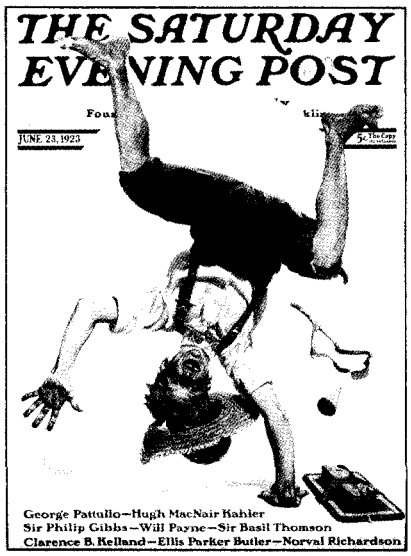


A beginner may well want to begin his collection in the earring, barrette or comb department. If so, he'll find earrings priced from $25 for gold-plated hoops (c. 1894) to $1,500 for mosaic butterfly dangler in gold, c. 1860. Barrettes cover an even wider price scale, from half pearls on gold for $85 to $140, to Greek-key motif with 200 round diamonds on platinum-topped gold (c. 1870) for $6,000 to $8,000. Tortoise-shell combs go into the $800 to $1,200 range, but these must have originated with O. Weber, Hanua, Germany, in 1860-1880 and carry a lotus-flower motif, with rubies, sapphires, pearls and gold.

If rings, studs or cuff links lure you to antique jewelry, you might first be attracted to the "Repeal the 18th Amendment" ring, in sterling silver ($135 to $165). Perhaps the straight-row motif ring with a center row of rubies, two rows of rose diamonds, in gold ($1,800 to $1,900). Still better, the mosaic-face gold studs and cuff links by Tiffany ($5,500 to $6,000).

Whatever your price, you should purchase expensive pieces from a dealer in whom you have confidence or an auction house that has a reliable reputation. Get a receipt, listing in detail the description of the item, along with the date and a statement that the item may be returned if found not to be accurately described.

Still, it's fun to follow the flea markets—for that one chance in a million that the seller can't tell gilt from gold or can't remember if it's Mr. Ingersol or Mr. Tiffany that means quality.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JUNE 23, 1923
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The museum archives are open to the public on weekdays from 8:30 a.m. to 5:30 p.m. Send your donations to:
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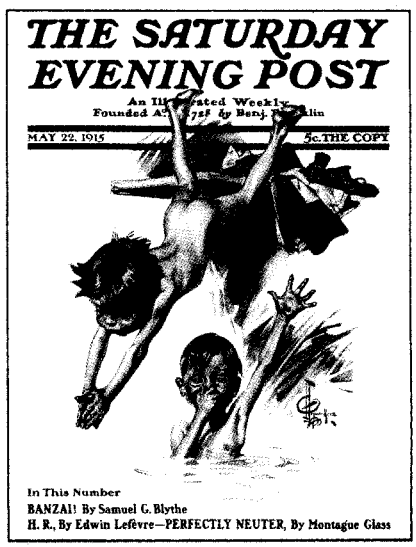
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In This Number
BANZAI! By Samuel G. Blythe
H. R., By Edwin Lefevre—PERFECTLY NEUTER, By Montague Glass

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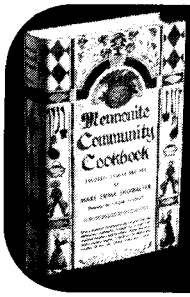

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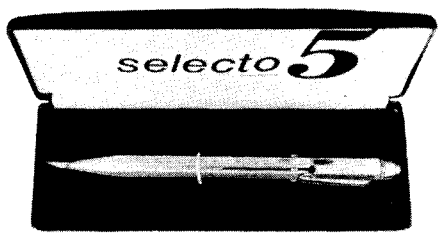

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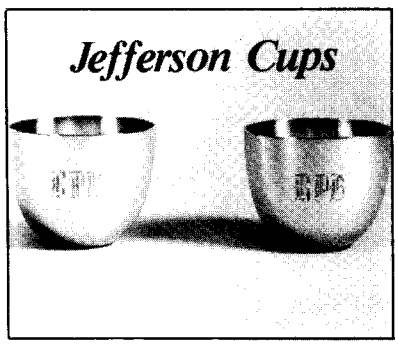

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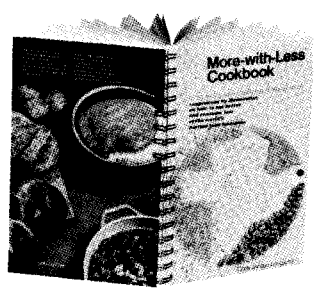

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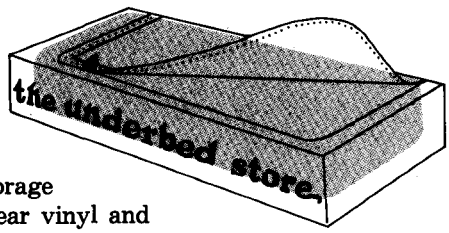

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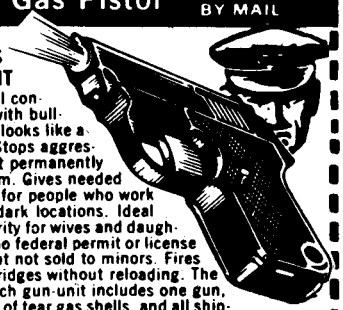

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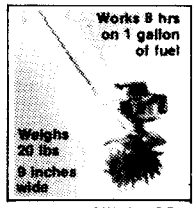

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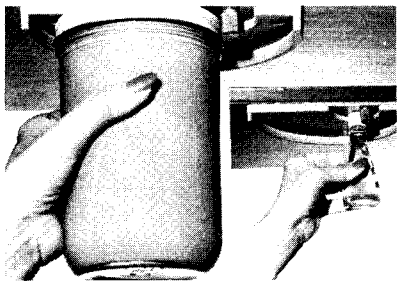

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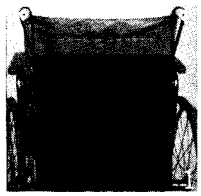

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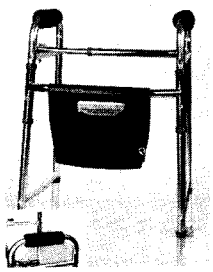

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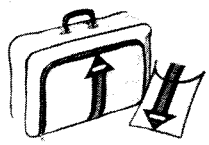

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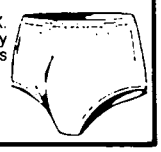

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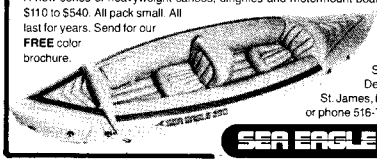

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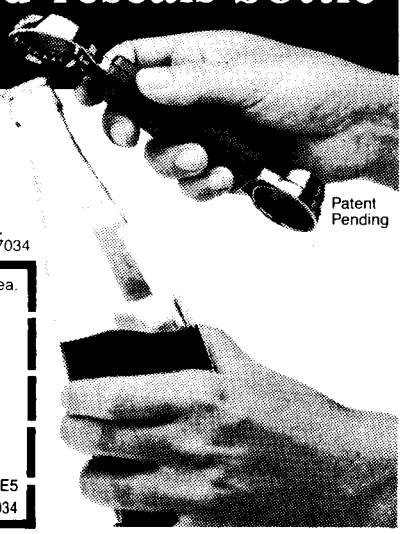

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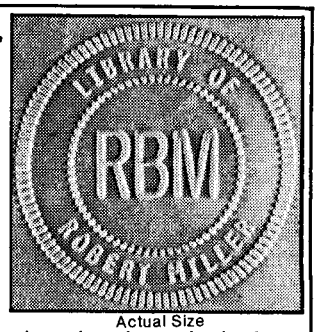

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Legacy

continued from page 23

Nest" for what will someday surely be called The New Old. *Modern Maturity* began selling ads for the first time and *Retirement Living* changed its name to the more spritely *50 Plus*. Television also stands to gain from the wave of elderly people, who currently watch more than anyone else. Daytime television is in the process of switching its attention from younger women to older, retired people. It is not too hard to imagine the next generation, sitting moist-eyed in a media room as wired up and specialized as a kitchen, watching a 21st-century version of Lawrence Welk reprising the rock hits of the '50s and '60s for those who still remember.

The opportunities offered by the baby-boom aged may be overshadowed in the long run, however, by the formidable burden this same generation will dump on the nation's social services. A quantum increase in retired people will mean millions more in hospitals and in nursing homes and millions more dollars in taxes. Social Security is the economic backbone of the aged, but, even with 100 million workers presently contributing, the system cannot hope to bear up under the enormous pressures to be generated by the baby-boom elderly.

Today the total federal, state and local tax bill amounts to about 33 percent of the gross national product—11 percent for social insurance programs like Medicare and 22 percent for other services. If the 22 percent for "other" services remains the same, and if the ratio of retirement benefits to wages remains the same, the total tax burden 50 years from now would have to grow 50 percent just to provide for the elderly baby boomers.

When Social Security was first adopted in 1935, the pay-as-you-go system seemed to work. Then there were ten workers for every person over 65. Life expectancy was below 63, two years under the retirement age. As long as the population grew larger, Social Security's scheme could work: It would always be taking in more than it was paying out. Today, however, the ratio of workers to beneficiaries has fallen drastically, while our expectations for the system have increased.

Once they do retire, what will life be like for the baby boomers? How will they be cared for? Where will they live? Will they command political power? How will it be used? These are difficult questions and, as we have seen, none of them can necessarily be answered by extrapolating from the behavior of present elderly Americans.

At least one thing, though, seems certain. The boom generation will be increasingly female and increasingly alone. This is because a strange flip-flop of sex ratios has taken place within the space of the last generation. As with all previous generations, there were slightly more boy babies born during the boom years than girl babies. But because of the higher death rate of men throughout their lives, the proportion of women in each baby-boom group has increased each year. The last census in which men outnumbered women in America was 1940. In 1980, men still outnumbered women at every age up to 23. But at every age older than 25, women were in progressively larger majorities. The result is that the number of women over 65 is now growing twice as fast as men. By the year 2000, there will be half again more women than men over 65. The female majority is even larger after 85, an age that one of every three baby-boom women can hope to reach but fewer than one of every six men will see.

The fate awaiting these elderly women is quite different from that in store for elderly men. Most men 65 and over are married and live with their wives. But most women over 65 are widowed and live alone. The reason is that men are less likely to outlive their wives, both because of their higher mortality and because they usually marry younger women.

The fact is that, barring a sudden shift in life expectancy, the common experience of most baby-boom women will be the eventual loss of their husbands.

What prospects do solitary older women have? Women outnumber men in nursing homes two to one but, contrary to popular belief, relatively few actually live there. Instead, 80 percent of all health care given older persons is provided by adult daughters. Most older women have traditionally shopped around among their children to find a place to live. But this method will be harder for the baby-boom elderly. Many of them will be childless, or have no daughters, or will be estranged from their children by divorce, or will have children unable to care for them because of their own jobs. At least there are two consolations for the baby-boom women: They have more siblings to turn to for help, and they are more likely to have surviving children because of increased life expectancy. The inevitable conclusion, however, is that, in one form or another, the government will have to provide assistance for the baby-boom's elderly, whether it be medical, financial, social or legal.

"Good grief! They've come to think of it as their own!"

We take it for granted that more and more people will live to see 70 in every generation. More people are living longer now because of the combined effects of better medicine, better hygiene and better diet. In Colonial America, with its high infant and maternal mortality, life expectancy at birth was barely 30 years. It had risen to 49 years by 1900. Then, over the next half-century, life expectancy rose steeply.

In the first half of this century, life expectancy gained 19 years. Since 1950, however, progress has slowed to only five years. For a man of 45, life expectancy is now less than five years

Continued on page 114

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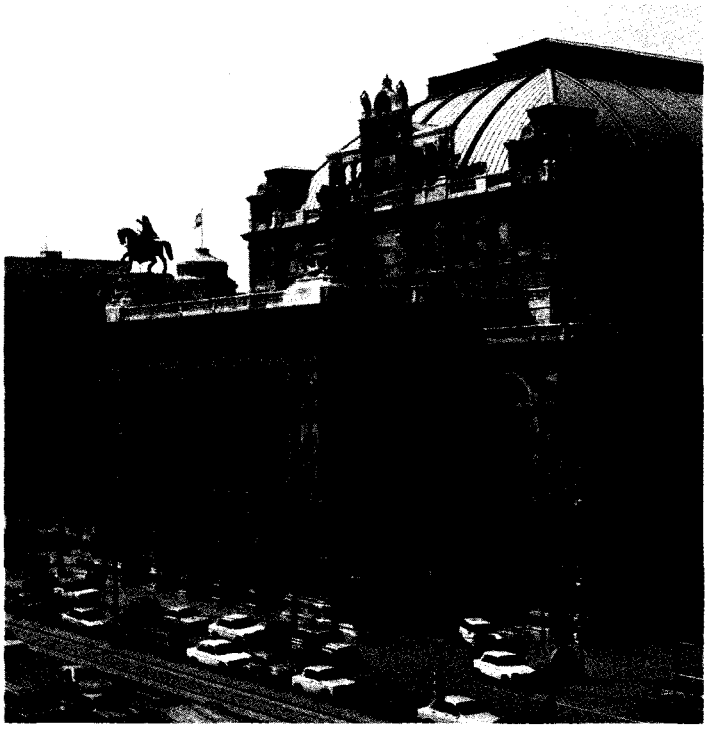
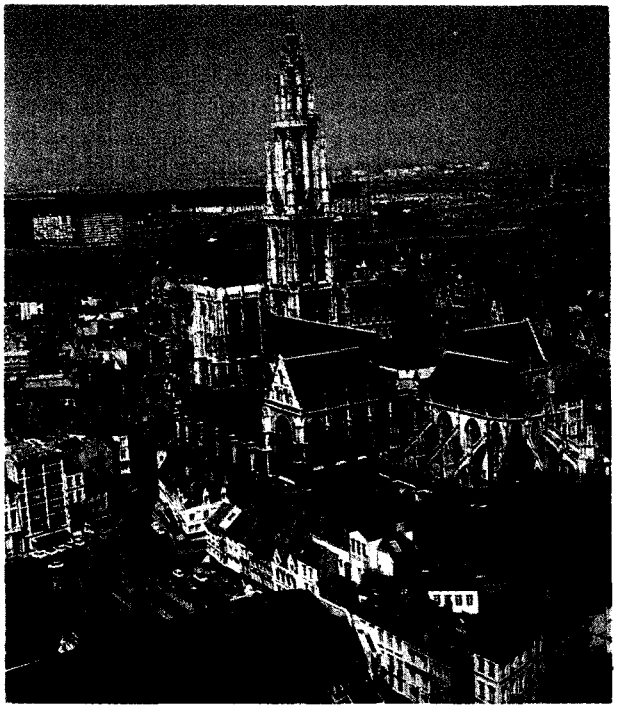
WHERE IN THE WORLD?

A pagan shrine, a writer's retreat, a graceful cathedral and a house with box seats: Can you place them? If not, check the clues beneath.

1 ☐ **New Jersey** ☐ **New York** ☐ **Pennsylvania**
A 17th-century cottage entered literary history when the "father of American literature" moved in in 1835 and christened it "Sunnyside." Its early owners, the Van Tassels, were immortalized, too, in "The Legend of Sleepy Hollow."



2 ☐ **Budapest** ☐ **Berlin** ☐ **Vienna**
The batons of Christoph Gluck, Gustav Mahler, Hans Richter and Herbert von Karajan have brought forth some of the world's sweetest music from the stage of the Staatsoper, which stands in the very heart of a capital city famous for its woods, waltzes and great composers.



3 ☐ **Antwerp** ☐ **Cologne** ☐ **Amsterdam**
Although a single spire rises where two were planned, the Cathedral of the Holy Virgin remains a masterpiece of grace. Inside, its greatest treasure is three works by Rubens.

4 ☐ **England** ☐ **Denmark** ☐ **Wales**
One of Europe's oldest and most mysterious monuments is this circle of huge stones and earthworks erected between 1800 and 1400 B.C.

(Answers on page 105)

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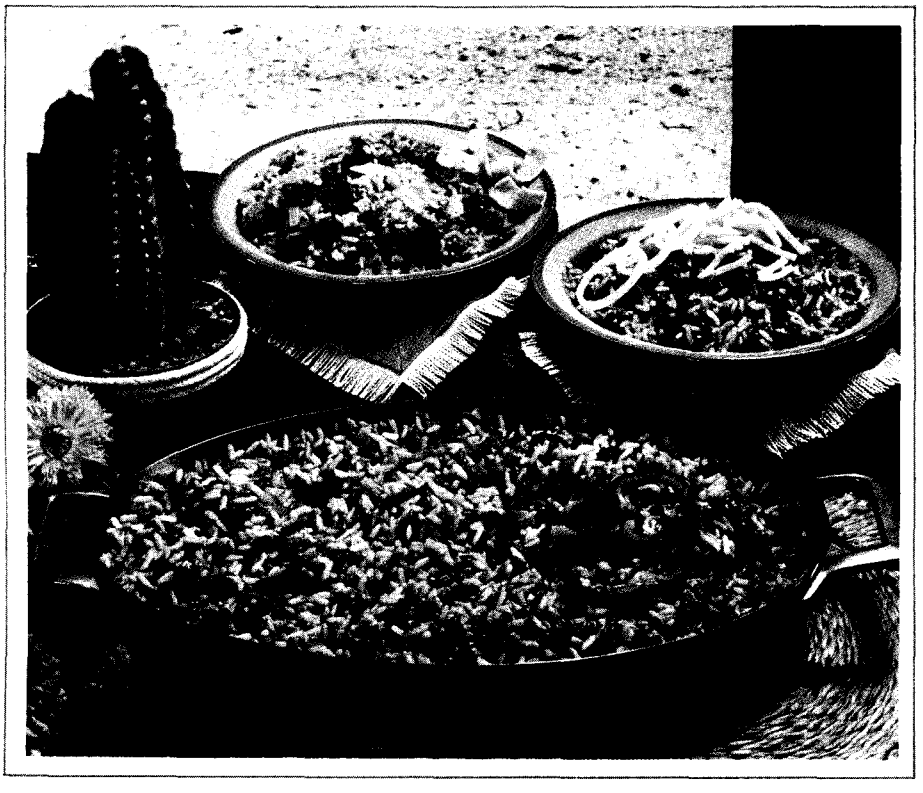
VERSATILE RICE—THE ALMOST PERFECT HEALTH FOOD

Possibly the least expensive food in the supermarket is rich in complex carbohydrates and essential amino acids and high in protein quality.

by Allen Simon

In any kitchen where good health and taste are priorities, rice, "the almost perfect food," is certain to make regular appearances. In 500 B.C., Confucius considered rice to be the necessary and appropriate food for the virtuous and graceful life. Unfortunately, recommendations by Confucius have made little impact in Western countries. While Orientals eat as much as 400 pounds of rice per person each year, Americans consume an average of only nine pounds. That figure was eight pounds five years ago, an indication that Americans are turning to rice for more variety in their diets—a welcome respite from the rigors of the daily meat-and-potatoes routine. Even without Confucius' okay, the simple facts about this plain but beautiful grain, if made known, are recommendation enough.

Rice is possibly the least expensive food in the supermarket, costing as little as four cents per half-cup serving. Potatoes may cost twice or three times as much. While rice lacks the protein *quantity* of some other staples, it ranks near the top in protein *quality*. That is, rice contains most of the essential amino acids in the proper proportion, and because of its high score as a completely digestible source of complex carbohydrates, it is a natural for what nutritionists call "protein sparing." This means simply that, by eating rice with your meal, you can safely cut down on your meat portion. The rice will supply your energy needs, while the protein in the meat can all be used for what it does best: repairing cells. The result is a better balanced meal, with less fat and cholesterol.



Rice Chili is tempting proof that going with the grain can produce the most delicious results with the least amount of effort and expense.

A single handful of rice could have provided the energy necessary for writing this article. According to statistics from the Rice Council of America, one half cup of rice produces enough body energy for one hour and 10 minutes of rapid typing or for 35 minutes and eight seconds of walking at three miles per hour, or for one hour and 10 minutes of washing dishes, but only allows 10 minutes and 58 seconds of play on the golf course (better have a pretty big helping before teeing off).

Rice has other attributes, too, that Confucius may have overlooked. It can be digested in only one hour, whereas other foods take much longer. It is ideal for people on low-sodium and low-fat diets, for it contains only traces of both and absolutely no cholesterol.

Most rice available in U.S. stores is enriched and contains iron, thiamine and niacin and possibly riboflavin, calcium and vitamin D. Those who want their food to be as close to natural as possible may prefer to use brown rice which con-

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tains vitamin E in addition to the other vitamins added to enriched rice. Brown rice takes longer to cook than white rice because of the high fiber and oil content of its bran layer. It therefore requires more liquid during the cooking process. Like white rice, brown rice expands during cooking. In the process, the bran coating "explodes," and the bran adheres to the rice grain creating a texture which is tender, yet firm. The bran layer never gets as tender as the inner part of the grain. Besides its different texture, brown rice has a distinctive nutlike flavor.

Under normal conditions, the shelf life of brown rice is shorter than that of white because of oxidation of the outer bran layer. If brown rice is to be stored for an extended period of time, it should be refrigerated.

To make sure you are getting all the nutrients from rice, you must cook it properly. Don't rinse it in excess amounts of water either before or after cooking. For best results, use 1¾ to 2 cups liquid for each cup of polished rice. Bring it to a boil, stir, reduce heat, and simmer for about 15 minutes. For brown rice, use 1 to 2½ cups water, and add a tablespoon of butter or oil. Combine in a saucepan with a tight-fitting lid. Bring to a boil over high heat, stir, and cover. Reduce heat to simmer for 45 to 55 minutes. Remember that brown rice will not be as tender as regular white rice when fully cooked.

The following recipes are just a sampling of the infinite variety of combinations rice affords. Free brochures with low-calorie, diabetic, nonallergenic and special brown-rice recipes are available from the Rice Council of America. Send your request with a self-addressed, stamped, business-sized envelope to:

Rice Council of America
P.O. Box 740121
Houston, Texas
77274

Caribbean Chicken Salad
(6 servings)

2 cups diced, cooked chicken or turkey
3 cups cooled cooked rice
1 cup finely sliced celery
¼ cup chopped green pepper
1 can (13¼ ounces) pineapple tidbits in unsweetened juice, drained
2 tablespoons sliced pimiento
½ cup mayonnaise
¼ cup sour cream
1½ tablespoons lemon juice
1 teaspoon curry powder
¼ teaspoon pepper

Combine chicken, rice, celery, green pepper, pineapple, and pimiento. Blend remaining ingredients; pour over chicken mixture. Toss lightly. Chill. Serve on salad greens and garnish with tomato wedges and ripe olives, if desired. Calories per serving: 350. Serve with: hot tomato bouillon, bread sticks, apricot whip.

Fruited Rice
(6 servings)

1 cup sliced carrots
3 tablespoons vegetable oil
1 cup sliced green onions
2 cups sliced, cored unpeeled apples
3 cups cooked brown rice
½ cup seedless raisins
1 tablespoon sesame seeds

Sauté carrots in oil about 10 minutes. Add onions and apples. Cook 10 minutes longer. Stir in rice and raisins. Cook, stirring constantly, until the rice is heated through. Add sesame seeds and toss lightly.

Mushroom Rice
(6 servings)

1 cup sliced onions
½ pound fresh mushrooms, sliced
3 tablespoons chopped fresh parsley
3 tablespoons vegetable oil
3 cups cooked brown rice (cooked in beef broth)
3 tablespoons nutritional yeast
¼ cup wheat germ
¼ teaspoon basil
½ teaspoon cumin seeds

Sauté onions, mushrooms and parsley in oil until tender. Add remaining ingredients; heat thoroughly, stirring constantly.

Vegetarian Rice
(6 to 8 servings)

1 cup uncooked brown rice
1 tablespoon vegetable oil
½ cup chopped onions
½ cup chopped green pepper
2 cups sliced zucchini
3 small tomatoes, cut in eighths
1 clove garlic, crushed
2½ cups boiling chicken broth

Sauté rice in oil until golden brown, over low heat, about 5 to 10 minutes. Spread in a greased shallow

With about 82 calories per half-cup serving, rice is an excellent ingredient for weight-conscious meal planners—and offers infinite variety.

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2½-quart casserole. Layer onions, green pepper, zucchini and tomatoes over rice. Add garlic to broth. Pour over vegetables. Cover, and bake at 350° F. for 1 hour 15 minutes or until liquid is absorbed and vegetables are tender.

Creamy Spinach Soup
(6 servings)

1 cup finely chopped onions
1 small clove garlic, crushed
2 tablespoons vegetable oil
4 cups chicken broth
2 packages (10½ ounces each*) fresh spinach, finely chopped*
½ cup evaporated milk
1 teaspoon curry powder
¼ teaspoon pepper
2 cups, cooked brown rice
1 lemon, thinly sliced

Sauté onions and garlic in oil until tender. Add chicken broth; bring to a boil. Stir in spinach, cover, and simmer about 10 minutes. Pour into a blender and purée. Return to saucepan. Add milk, seasonings and rice. Heat thoroughly. Serve with a twist of lemon.

Chicken San Jose
(6 servings)

1½ teaspoons paprika
⅛ teaspoon red pepper
2-2½ pounds choice chicken pieces
1 cup uncooked rice
1 cup each *sliced onions and celery*
½ cup well-drained canned tomatoes, quartered
1¾ cups boiling chicken broth
3 tablespoons chopped parsley
¼ cup sliced pitted ripe olives

Blend seasonings and sprinkle on chicken. Arrange in a lightly greased, shallow 2½-quart casserole, skin side up. Brown in a 425° F. oven for 20 minutes. Remove from oven; push chicken to one side. Add rice, onions, celery, tomatoes and broth. Stir well. Arrange chicken over rice. Cover and continue baking 25 minutes or until rice and chicken are tender and liquid is absorbed. Sprinkle with parsley and olives. Calories per serving: 296.

Chili Rice
(6 servings)

1 cup each *chopped onions and green peppers*
1 clove garlic, crushed
1 tablespoon butter or margarine
3 cups cooked rice
1 can (14½ to 16 ounces) tomatoes
1 tablespoon chili powder

In a large skillet cook onions, green peppers and garlic in butter until tender but not brown. Stir in rice, tomatoes and seasonings. Heat thoroughly.

Blushing Rice Tomato Cups
(6 servings)

6 large, firm, ripe tomatoes
Ground black pepper
½ cup each *chopped onions and green peppers*
2 tablespoons butter or margarine
1 can (4 ounces) sliced mushrooms, drained
1 can (8 ounces) whole kernel corn, drained
3 cups cooked rice
½ cup diced Cheddar cheese, divided
Paprika

Wash tomatoes; cut slices from top of each tomato. Cut out center pulp and reserve. Sprinkle tomato shells with pepper; turn upside down to drain. In a large skillet, cook onions and green pepper in butter until tender. Add mushrooms, corn, rice, tomato pulp and ¼ teaspoon pepper. Heat thoroughly. Add ¼ cup of cheese. Spoon into tomato shells. Top with remaining cheese. Sprinkle with paprika. Place tomatoes in a baking dish with about ½ inch water in pan. Bake at 375° for 20 to 25 minutes. Spoon any leftover dressing in baking pan and cook alongside tomatoes. Serve tomatoes surrounded by extra dressing.

Microwave Method:

Prepare tomatoes as directed. Melt butter in a shallow, 2-quart microproof dish on High (maximum power) 1 to 1½ minutes. Add onions and green pepper. Cook on High 1 to 2 minutes, or until tender crisp. Stir in mushrooms, corn, rice, tomato pulp and ¼ teaspoon pepper. Cook on High 3 to 4 minutes. Add ¼ cup of cheese. Spoon into tomato shells. Top with remaining cheese. Sprinkle with paprika. Place tomatoes in a 12" x 8" microproof dish. Cook on High 6 to 7 minutes, rotating dish ¼ turn after 3 minutes. Place leftover dressing in a 1-quart microproof dish. Cover; cook on High 3 to 4 minutes, or until heated through. Serve tomatoes surrounded by extra dressing. Remember that white rice may be substituted in any brown-rice recipe and vice versa. Follow directions on the package.

Blushing Rice Tomato Cups are a perfect light entree for a warm summer evening's meal, and they can be made in a conventional or microwave oven.

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WHERE IN THE WORLD?

(Answers from page 101)

1 Washington Irving, the inventor of the modern short story, lived at Sunnyside from 1835 until his death in 1859. The house at Tarrytown, New York, was once part of 52,000-acre Philipsburg Manor and stands across town from the famous Sleepy Hollow, where Irving is buried.

2 The Vienna State Opera, one of the world's leading opera houses, was built in 1869. It was destroyed by bombing in 1945, but reconstructed in part by funds from the U.S. Marshall Plan.

3 Construction began on Antwerp's great Gothic cathedral in 1352, but the single spire was not added until 1520 to a structure obviously designed for two. The Rubens housed within are the "Elevation of the Cross," the "Deposition" and the "Assumption."

4 Stonehenge, about eight miles north of Salisbury, Wiltshire, England, was built in three separate stages. the first ring and Heel stone in 1800 B.C., the bluestone slabs in 1700 B.C. and the "remodeling" with sarsen sandstone blocks in 1600 B.C. It was a religious shrine, but the nature of the religion remains conjectural.

Where Do You Think You Are?

(Answers from page 112)

1. Montgomery, AL
2. California
3. Iowa
4. North Carolina
5. Washington
6. Fort Wayne, IN
7. Augusta, GA
8. Idaho
9. Springfield, IL

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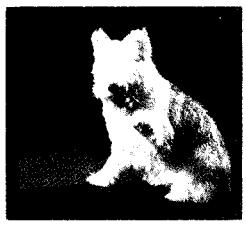

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Those who cannot remember the past are condemned to repeat it."
—George Santayana, from *Life of Reason and Common Sense*

Dear Dr. SerVaas,

I found special interest reading the latest edition of the *Post* (March '82)—specifically, the article on Huntington's disease. I am to be married in June to a wonderful young man. His father died from HD over Christmas, after suffering for 13 years. I had learned about HD very briefly in a biology class in college, and I think it was only used as an example of a genetically transmitted illness.

When I met Martin (the young man), I knew his dad had the disease and that Martin had a 50/50 chance of inheriting it, but we were friends for a long time—and it didn't mean much to me outside of the fact that I liked Martin as a person (you hate to see sadness enter the life of anyone). However, when we "decided" we were the very best of friends and we loved each other enough to want to make that big marriage commitment, HD became much more important to me. Questions—such as: children? (Martin has a vasectomy. He didn't want to pass this on to anyone. I fully agree.)

"Miss Collins, will you please bring in Mrs. Gordon's file!"

Caretaking in case Martin gets sick? Can I handle this whole thing?—began bumping around in my brain, and as you and I both know, there are no easy answers. I visited Martin's dad in a nursing home in Georgia last spring—met and talked with his mom. She told me a lot of things and gave me information. I wrote to CCHD (Committee to Combat Huntington's Disease) also. One thing Martin's mom said was that adopting kids with an "at risk" parent is not permitted—so your article was a great blessing to me because I really like kids (I even teach in a junior high school, and I can say that—ha, ha!), and although I wouldn't know what to do if someone handed me a bundle and said, "Here, raise it," I still didn't want to rule out the possibility. I had no idea artificial insemination was so common, and so your article made me feel much better about the whole situation. I was wondering: Is there an age limit for artificial insemination? (I am 26 right now.) Would I contact a gynecologist to find a "fertility practitioner?"

You know, it is just a very hard thing to say you definitely don't want kids ever—10 years down the road I might wish I'd have had them. No matter what, I would still marry Martin, kids or no, because I really love him—and there are plenty of ways you can help kids out even if you don't have any (believe me, I've tried to look at every angle of this situation).

Now the more important questions are: What can I do to help the cause? I contribute to CCHD, but is there anything else I can do? Also, do you have any knowledge of insurance programs or anything we could do to insure that, if I ever needed to help care for Martin, I could get some help? What would you do if you were in the situation? I wrote to Marjorie Guthrie, founder of CCHD, and she wrote back and sent lots of information—really good "stuff" about HD and research and what it's like to be "at risk." But what I'd like to know is, what can someone who loves someone who's "at risk" do? Now please realize, I'm not focusing on the negative—I usually don't even think of it, certainly don't dwell on it—but I'm trying to be practical. For so long, I've had all these questions, and no one seemed to have answers. When I saw how you responded to "Ginger" in the story, I could tell you were a very positive, compassionate human being, and I thought perhaps you could help me also—thanks for your time—and I realize you're a very busy person. If you have some thoughts on it, could you please write back? I guess what I'd like to know is, what would you do if you were in my shoes?

Thanks again for everything and for printing the article. It really made me feel positive!

—Elaine Johnson

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Dear Miss Johnson,

You are a relatively fortunate young woman to have such a positive outlook on the very significant problems involved in seeking a normal, productive family life with a spouse "at risk" for HD.

We are sending you a list of qualified fertility obstetrics and gynecology specialists in Pittsburgh and other cities near you. They are experienced in the use of A.I.D. (artificial insemination by donor). The Benjamin Franklin Literary & Medical Society is also mailing you a form on which you can apply for funding from this Foundation. Our research work includes payment for the fertility obstetricians who help couples "at risk" for Huntington's disease start a family.

A.I.D. will enable you to conceive, carry and share with your husband the oldest form of social security known to human life—a family of healthy children, brought up to honor their parents and support them in whatever a shared future may bring.

Your concerns for such necessities as insurance coverage for your husband-to-be may be handled through group-risk policies usually available through employment or personnel offices on a rated "basis" from progressive insurers.

The answer to your question of how to provide for Martin's care in the event that in his maturity he may fall prey to HD prefigured in your belief in the forward motion of life—a quality charming and solid which your letter expresses.

By the uses of reason and love, together you and Martin can contribute to the understanding of HD and also to its eventual elimination as a genetic disease.

Salt Free Doesn't Mean Sodium Free

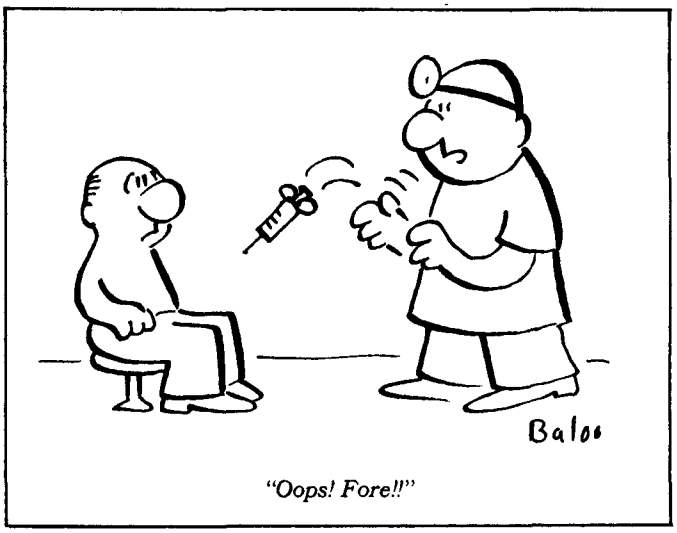
If your doctor has put you on a low-sodium diet, be wary of some products advertised as salt free. This doesn't necessarily mean they are sodium free.

Although the product contains no salt or sodium chloride, it can have other sodium compounds such as monosodium glutamate (MSG), which is found in most Chinese foods. Prepared foods can also contain other sodium compounds, such as sodium saccharin, sodium citrate, baking soda and baking powder. One brand of potato chips was being promoted as having no salt added. But the FDA noted that 1 ounce of the chips contained 175 milligrams of sodium. That is a significant amount for anyone on a sodium-restricted diet, the FDA said in a letter to the manufacturer. The FDA has indicated that claiming some products with sodium in them as salt free is, in effect, misbranding.

Here is a list of terms to show you how the word "sodium" can be hidden in chemical names and ingredients in packaged foods. You should be on the lookout for these if you are conscientiously avoiding sodium:

Sodium Terms to Look for on Labels

Sodium ascorbate
Sodium citrate
Baking soda
Sodium chloride
Sodium caseinate
Sodium acid pyrophosphate
Sodium phosphate
Sodium aluminum
Sodium bisulfite
Disodium phosphate
Sodium iron pyrophosphate
Sodium benzoate
Garlic salt
Calcium disodium EDTA
Sodium carboxymethyl cellulose
Monosodium glutamate
Sodium preservatives
Trisodium citrate
Sodium aluminosilicate
Sodium stearoyl-2-lactylate
Sodium propionate
Sodium saccharin
Sodium alginate
Disodium inosinate
Disodium guanylate
Sodium ferrocyanide
Sodium triosulfate
Celery salt
Sea salt
Disodium dihydrogen pyrophosphate
Sodium hexametaphosphate
Sodium gluconate
Sodium nitrite
Sodium erythorbate
Sodium nitrate
Baking powder
Anhydrous disodium phosphate
Sodium biphosphate
Salt pork
Brine
Dioctyl sodium sulfosuccinate
Onion salt
Sodium hydroxide
Sodium metaphosphate
Sodium thiosulfate
Flour (self-rising)
Sodium tripolyphosphate



"Oops! Fore!!"

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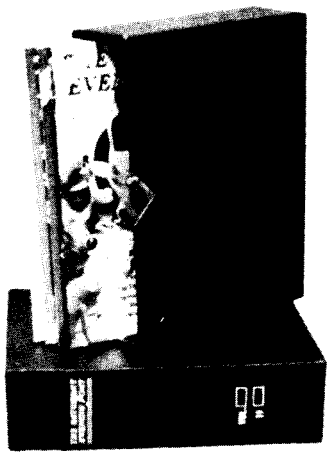

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Most drinking-water supplies contain varying amounts of sodium because it is naturally present or because it has been added by the use of softeners. That can mean sodium is being consumed in coffee, tea and other beverages prepared from local water supplies. The amount of sodium in drinking water varies all over the country.

The individual who needs to know can usually find out how much sodium is in the water from the local health authorities or from a local chapter in the American Heart Association. It is probably prudent in most cases to have drinking water faucets left unsoftened in the home.

Silicone Plugs

A new method of birth control is presently being investigated at a number of medical centers in the United States.

It involves plugging the Fallopian tubes with a small amount of liquid silicone, which gels to block the passage of eggs from the ovaries down the tubes into the uterus. It is done as an out-patient technique and requires no general anesthesia or surgical procedures.

The procedure itself is performed by the physician without invasive surgery. A small amount of local anesthetic is placed in the cervix to prevent pain. Then the doctor inserts a lighted instrument known as a hysteroscope through the vagina and cervix into the uterus. Through this hysteroscope, the doctor passes a small plastic tube into the uterine opening of the Fallopian tube. A small amount of silicone is then allowed to flow through the plastic tube and into the Fallopian tube. The silicone solidifies over a period of several minutes, and tubal blockage is thus accomplished. A special loop is embedded within the silicone to allow for later removal.

Silicone itself has been used in a variety of applications in the human body for a number of years. It has been shown to be nontoxic. Silicone doesn't cause local tissue reaction, nor does it adhere to the surrounding tissues.

The silicone plug may be inserted in a physician's office, and the entire procedure usually takes between 30 and 40 minutes. No recovery period is necessary before resuming normal activities. The procedure itself is simpler and safer than many other methods of tubal occlusion.

This method of tubal occlusion was developed approximately 12 years ago by Dr. Robert A. Erb, principal scientist of the Franklin Research Center, a division of the Franklin Institute in Philadelphia. The procedure was designed to be reversible and has been shown to be so in animals. However, reversibility has not yet been proved in women, and the method would not be recommended for women who want future pregnancies.

At the present time, the procedure remains investigational. The side effects have been limited to a few menstrual-like cramps during the procedure.

Anyone wanting further information may write to *The Saturday Evening Post*, and we will provide you with a list of the centers where the procedure is being done.

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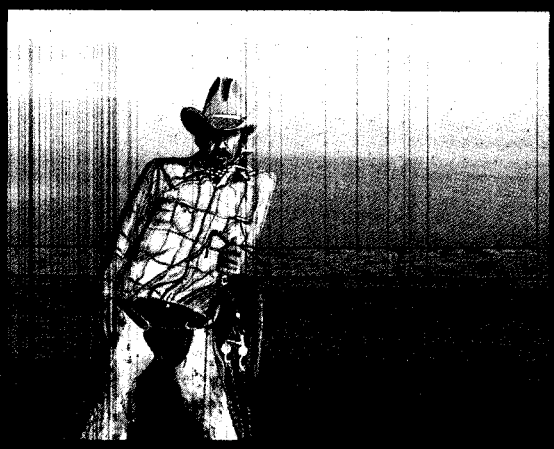
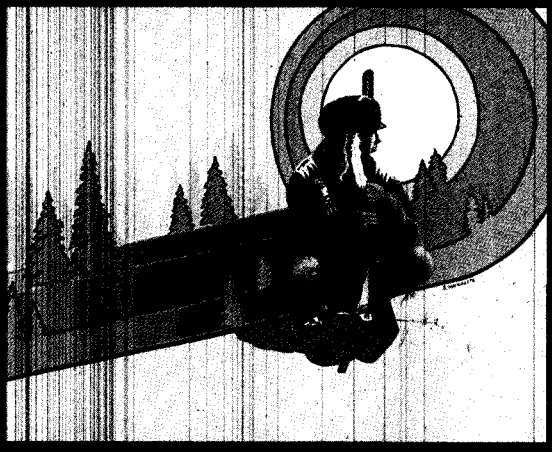
THE PAST...



Ready to Ride

Indian Pride

Surveillance



Winter's Call

IS PRESENT

A century ago, Frederic Remington was concerned, in his paintings and sculptures, with the physical fact of action. He held his beliefs of the psychic and the mystical, but they were not transformed into art.

Action still is a fact, but so now is a world full of mysteries with no patent explanations. Young Western artist Steve Iannacito, a "new" talent with more than 50 paintings now hanging, has almost 100 years later translated the power of former action into the tranquil power of peace.

Iannacito paints of Indians, of mountain men, of cowboys, with an exacting reverence for the old and the new. And his paintings exact of their viewers and answer to the single question he asks: "Which is antiquity and which is future?" For he has captured in his art the obverse power of Remington's action in bold and mysteries—psychic and mystical—themes of the individualist that is man in a changing world.

The conflict of new versus old is weathered into the faces of Iannacito's subjects, but even the conflict so evident shows a wizened supremacy—a control over doing, over having done, over waiting to do again.

Iannacito's paintings—and now his limited edition prints—are realism stylized into the past as part of the present.

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- ☐ **CHILD'S LIFE MAGAZINE**-3rd Grade
- ☐ **CHILDREN'S DIGEST MAGAZINE**-4th Grade
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Chips

continued from page 63

man to gain experience if he doesn't capitalize on it? This time it wouldn't be for a prospective 10 lousy bucks a day. This time it would be because I had gained 30 lousy pounds and a wife. (Typesetter: It has been determined that misplacing the adjective in that last sentence will be dangerous to my health.) And this wife has been afflicted with what might be called "hibernation hives." To live in one place longer than five years makes her begin itching to move. It was during her last outbreak that we left our nice, quiet, cozy, comfortable apartment in Indianapolis and took up residence on a 13-acre hilltop in the wilds of Freedom, Indiana. Ten acres of the 13 are solid trees. And I do mean solid.

My thoughty wife's first move after moving was to present me with an ax as a housewarming (pun intended) gift. Later that week, while my back was turned, two men from Spencer drove out to decorate our kitchen with a Franklin stove. The shape of my head to the contrary, I still had enough smarts to conclude that what she had in mind was my running those 10 acres of woods through that stove.

Fortunately, the barnyard offered three specimens to warm up on before cutting out my first swath through the woods proper: an elm that had caught the blight, a young tulip tree struggling for sunlight beneath a towering sycamore and a honey locust whose roots had been plucked from the ground by the daily jet stream that skims our hilltop. I could already feel the old loins girding for the fray.

How I happened to get off on the wrong foot, I attacked my first victim, the struggling tulip tree, with visions of the ax of my younger day still dancing in my head. But this was not an ax I could have ridden sidesaddle down a hill, blade side turned up, without suffering a scratch. This ax came straight out of K Mart. Thus my initial mighty swing carried the blade completely through the trunk of the tree and into the ground, clear up to the handle.

This barely left time for me to yell "T-I-M-B-E-R-R-R!"—which, to the chickens, might as well have been "Come and get it!"—before the tree crashed through the roof of the henhouse. Besides providing us with the entree for six dinners in a row, this single stroke of luck also smashed the only egg produced by the entire group in the past three days.

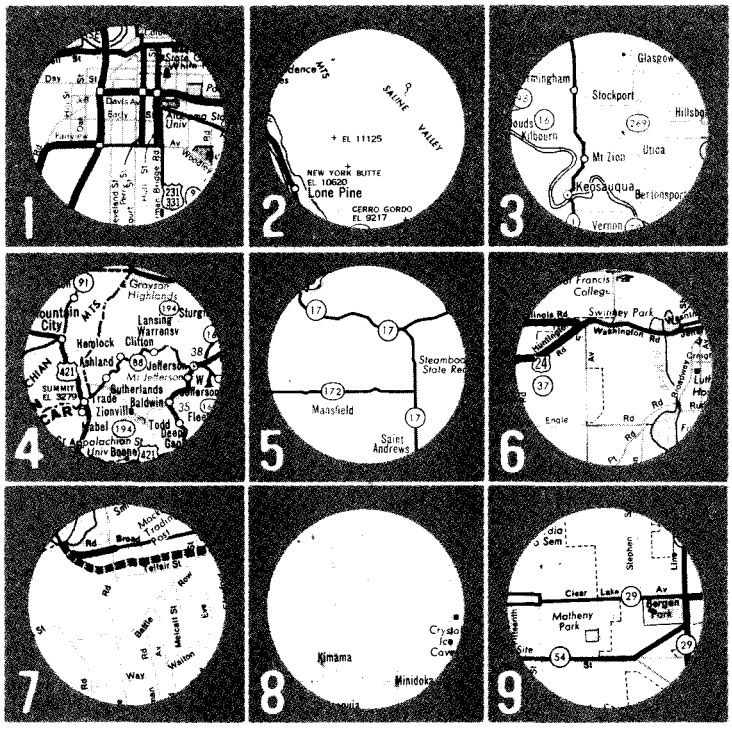
Trees and Olympic dives have this in common: They both offer varying degrees of difficulty. In the case of trees, an ax previously rammed six inches into the ground delivering the same blow to a blighted elm as to a young tulip tree might as well be struck with the back of the blade. The only results will be a S-P-R-O-I-I-I-N-G from the reverberating handle and a two-minute sensation of holding a jackhammer breaking up a slab of concrete. But you talk about developing muscles; this shot developed everything from my fingertips to my clavicle and on to parts heretofore unknown. The tree came through with only a slight blemish on the bark.

Undaunted (although I will admit to a few minutes delay before I daunted again), I was rewarded on the next several blows by a small chip flying up and hitting me in the face. No two, however, having come from the same spot, I decided to leave the elm for a totem pole and begin sawing up the toppled honey locust.

Now, taking a dull ax to a tree as obdurate as the honey locust is not unlike going after a Hubbard squash with an eggbeater. (The saw, as I mentioned, was capable of accommodating two men. Or, in extreme cases, a man and a woman. But I would sooner run it solo than to hear a woman complain that I pushed when I should have pulled and rammed the handle into her stomach. Or I pulled when I should have pushed and jerked her earmuffs off.) Anyway, after an hour of flushing out my arteries and developing my arms, shoulders, lungs, tendons, cartilage, membranes, genes, id—the whole bit—my saw was only six inches into one of the limbs. And stuck fast.

Not until I had the locust finally sawed up and piled neatly behind the shed did I allow myself the pleasure of a peek at my new physique in front of the full-length mirror. Luckily, I had the foresight to be clad only in an undershirt. Otherwise, those bulging biceps when I doubled up my arm would have split my shirtsleeve from elbow to shoulder. (My wife says it's a flaw in the mirror.)

What worries me now, by the time I've got the last tree on the 10 acres hacked down and stacked up, I won't be able to get my arm into a shirtsleeve at all. This may not present much of a problem in winter, as I can always wear a dickey under my jacket. But going to church in summer in an undershirt just isn't done. Not even in the wilds of Freedom.



Rand McNally

Where Do You Think You Are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area north, south, east, west or central in the designated locale.

(Answers on page 105)

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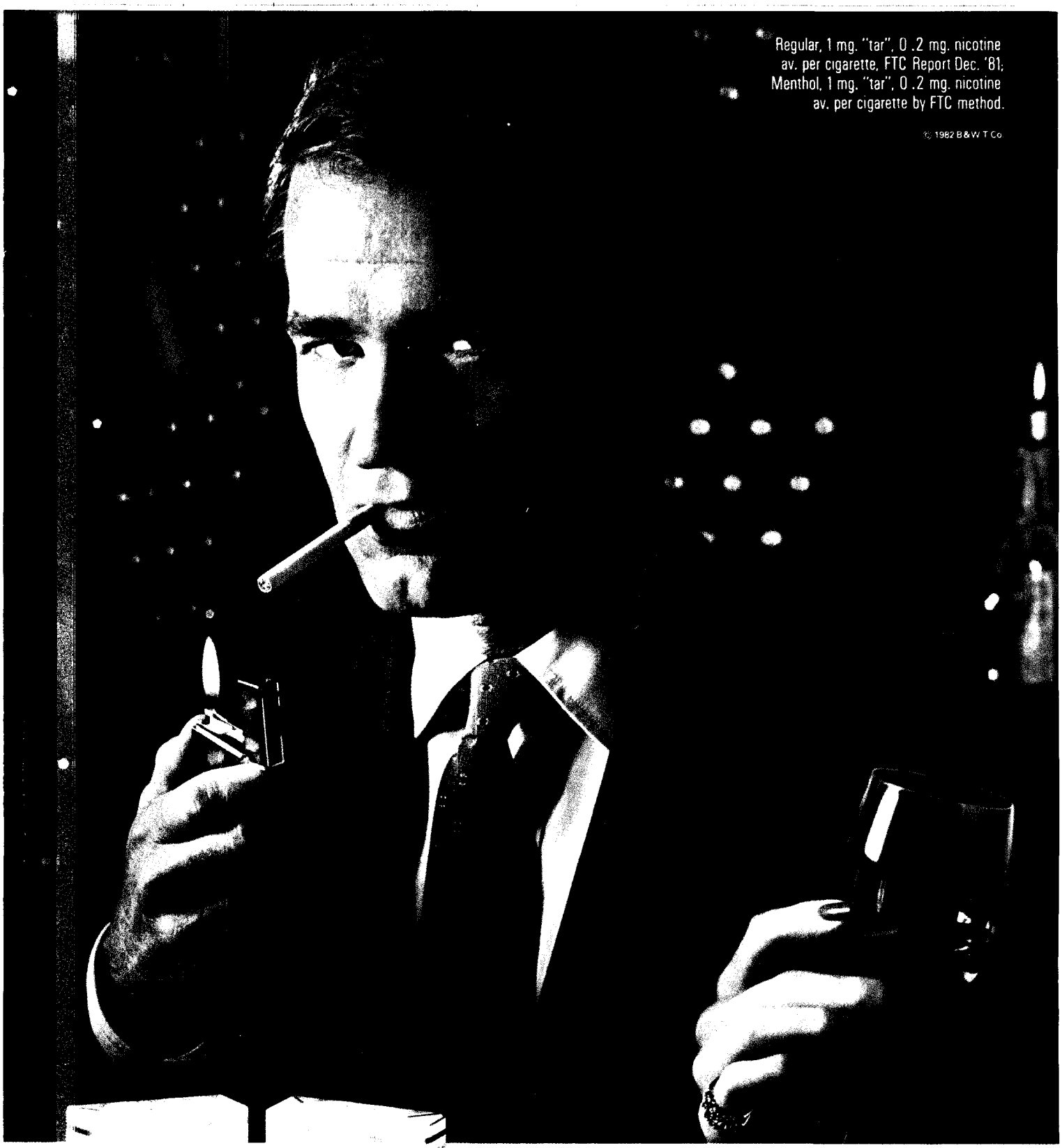

Regular, 1 mg. "tar", 0.2 mg. nicotine av. per cigarette, FTC Report Dec. '81; Menthol, 1 mg. "tar", 0.2 mg. nicotine av. per cigarette by FTC method.

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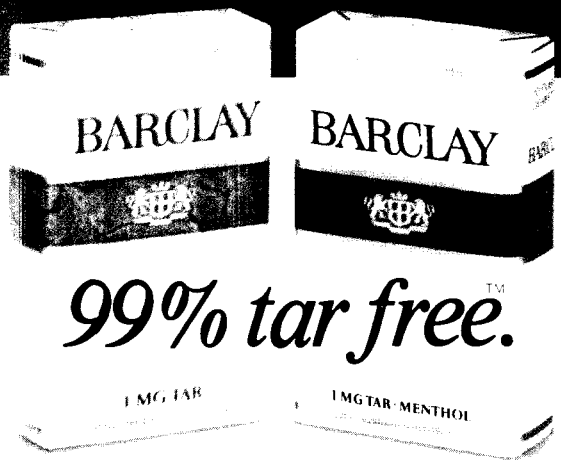

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Legacy

continued from page 100

greater than in 1900.

What is happening is that life expectancy is approaching life-span. This is an important distinction. Life expectancy is an estimate of the *average* number of additional years a person can expect to live, based on *all* age-specific death rates for a given year. It reflects infant mortality as well as adult mortality. Over the years, by eliminating many of the infectious diseases that have plagued children, we have greatly improved life expectancy at the younger years. But we have made less progress on the ailments that afflict the elderly: heart disease, strokes and cancer. Thus, while an individual's chances of living from birth to 65 have been greatly improved, the chances of living beyond them have not improved so appreciably.

Life-span, on the other hand, is the biological limit of the species. It has not changed measurably in human history.

To improve the baby boom's life expectancy now, we would have to attack the degenerative diseases that afflict the old. Of them, heart disease is by far the most serious. A 65-year-old person today has a 50-50 chance of dying from heart disease, which accounts for as many deaths in that age group as all other causes combined.

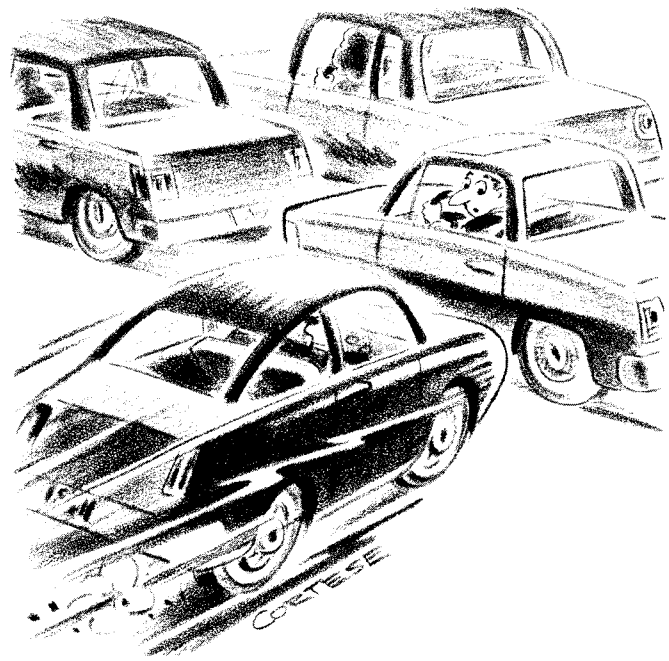
The other way to increase life expectancy in the future will be to focus not on the disease-associated causes of death but to tinker with the underlying biological clock that causes aging. The generations that kept pediatricians busy in the '50s and '60s and psychiatrists busy in the '70s and '80s will eventually do the same for gerontologists. It is not inconceivable that their investigation of the underlying genetic and cellular mechanisms of old age could conceivably produce the very same sort of medical breakthrough for the baby-boom elderly that Jonas Salk did for the baby-boom children.

There's one catch to any talk about life expectancy in the future. It's women. We know that women live longer than men and that, until recently, the gap was growing larger every year. In the past three decades, for example, life expectancy has increased three years for men but six years for women. This inequality has usually been laid to the difference in male life styles. What will the changing sex roles today mean for female life expectancy? If baby-boom women take the financial benefits of living and working like men, will they not get the liabilities as well? Though it is too early yet to tell if the life expectancies of men and women are converging along with their working and living habits, some evidence is there that they will. For example, federal health officials have reported that one in three Americans with a drinking problem is a woman, compared to one in six a decade ago. Heart disease death rates are not falling faster for men than women. The suicide gap between men and women is narrowing. In 1963, men were four times as likely to be involved in automobile accidents; in 1977, after the number of women drivers had doubled, the ratio had dropped in half.

Perhaps the most ominous threat to baby-boom women is the increase in lung cancer blamed on cigarette smoking. The death rate of women from lung cancer has tripled since 1960 and will be up fivefold by 1983 when it will pass breast cancer as the leading killer of women. There is no telling how high it may go. Smoking is rare in the current generation of 80-year-old women. But by the time the baby-boom women reach old age, the cumulative effects of their smoking could be devastating.

Within the baby-boom generation, cigarette smoking has varied considerably, depending upon how old each age group was when it was exposed to such factors as the surgeon general's reports, antismoking commercials on television and new tobacco company ad campaigns aimed at women. Among the baby boomers born in 1950-56, for example, one-half of the men and one-third of the women were regular smokers by the time they entered their 20s. The next group of baby boomers, born in 1956-62, smoked even more; two-thirds were smoking ten or more cigarettes a day as teenagers. This last group of baby-boom women, in fact, has become the first age group in which the women actually smoke *more* than the men. Since then, smoking has generally dropped in all younger age groups (though women still smoke more than men), suggesting that the baby-boom wom-

Continued on page 116



You be the Judge

by John Ritter

Carl was a suburban commuter who drove his car every morning through rush-hour traffic. One morning, Carl was hit broadside by a car driven by a man who ran a red light. Because Carl was not wearing a seat belt, he was thrown from the car and suffered serious injuries. "I'll never be able to walk again," said Carl. "I'm going to sue for a million dollars."

The insurance company for the driver who was at fault refused to pay. The lawyer said, "If Carl had been wearing a seat belt, the injuries would not have been so serious."

If you were the judge, would you consider the seat belt in the amount of damages you awarded to Carl?

The judge ruled that Carl could collect for the full extent of his injuries. The value of seat belts is not established firmly enough to say that failure to use them is a legal cause of injury.

(Based on a 1975 Iowa Supreme Court case.)

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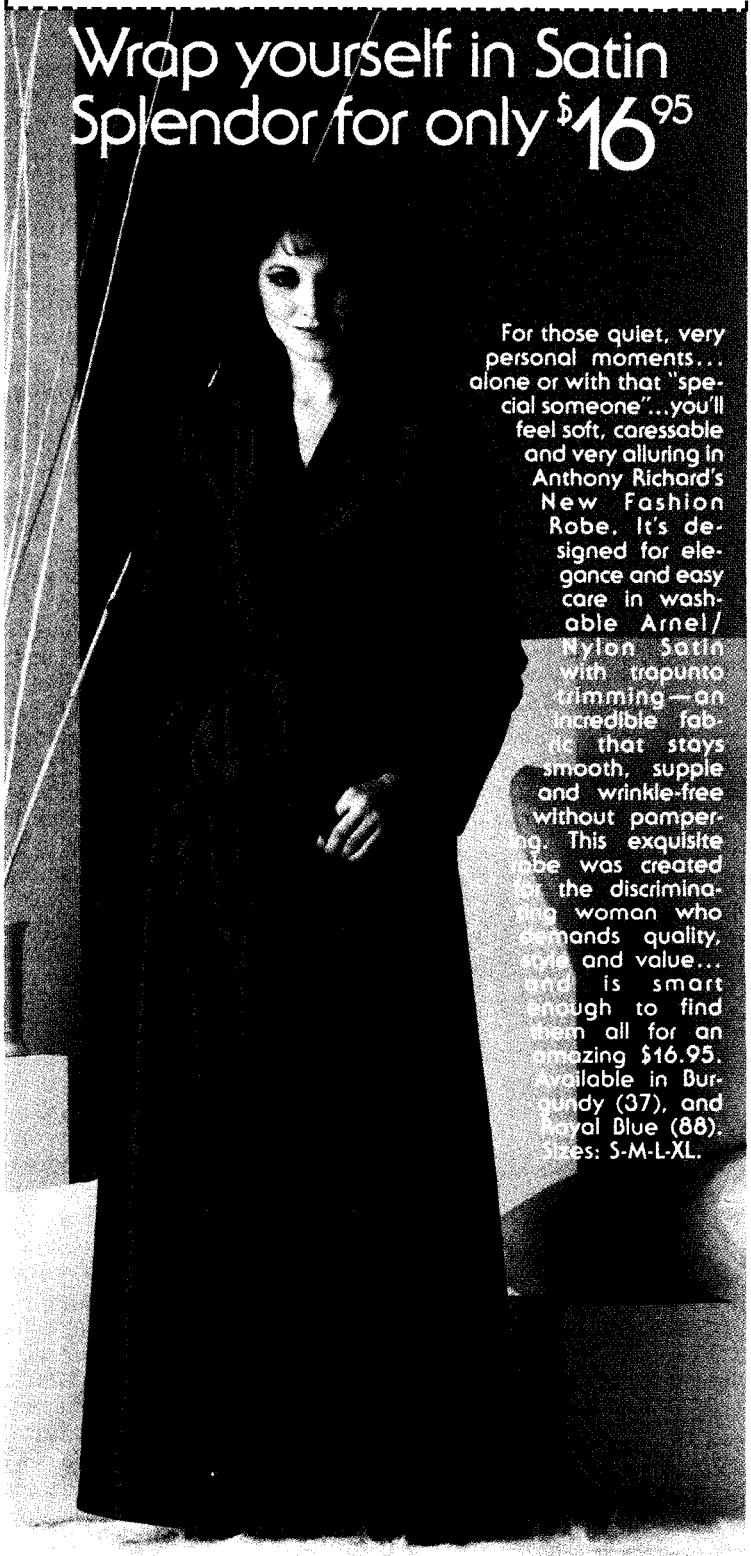

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MANUFACTURERS

Legacy

continued from page 114

en will remain on record as the heaviest smoking women ever. (A factor not unrelated is that these same baby-boomers were the last adolescents to be exposed to television cigarette advertising, which went off the air January 2, 1970. As they look toward old age, these women who had been told, "You've Come a Long Way, Baby," have good reason to wonder what the destination would be.)

Between now and the end of the century, the baby boom will be preparing us for the reign of the old. With it will come what in many ways will be a restoration of the power and position of the elderly in society. It was not until the coming of the baby boom that we adopted the philosophy of ancient Sardinians who pushed their elders off cliffs when they were no longer useful. We did not destroy the elderly but just ignored them. Instead of following the aged as guides to the future, we followed the young.

Inevitably, the hubris of youth is destined to decline. We will gain an elderly class that promises to be relatively healthier, better educated and more certain of its desires. We will almost certainly learn that all old people do not always live in nursing homes, are not all disabled, are not mentally defective and can lead full and satisfying lives. As we learn not to devalue age, we will no longer clothe it in dread. To be old may someday have all the possibilities of youth.

If the baby-boom generation continues to promote innovation throughout its life cycle, if only to find solutions to the problems caused by its mass, we may wind up with an entirely different notion of what life is like after 65. The distinction between "work" and "leisure" could break down as older people necessarily drift between part-time work and part-time retirement. Old age itself will become less clear an indicator of a person's status. Our ideas about seniority will have to change if we expect to keep many older people in the labor market while still providing opportunities for the young. Retirement will be seen not as an end of life but simply another life stage.

The old age bench mark of 65 may have to be scrapped. We might better think of a new and underutilized life stage called "old old," the retired or relatively infirm whose role will conform more to our present stereotype of the elderly. In the early 21st century, we are likely to become "not a society oriented toward youth but one oriented toward the young-old." ⁂

U.N.F.O.s

continued from page 32

ing his wife out for a shore dinner when he had a flat tire. He opened the trunk and found inside an object which Mrs. Welter referred to as an enormous flyswatter but which Welter said looked like a small trampoline with a handle. "The wife said we should notify somebody," he recalled, "but I told her, hell, it's probably part of one of those balloons—if the Air Force wants it they can come and get it." When they reached the restaurant, they found the trunk lid had come unfastened and the object had presumably fallen out on the road. "I lost my jack, too," Welter said. "I really picked a lemon when I bought this car."

But U.N.F.O. Society president Borglund decries "superstition" in connection with U.N.F.O.s. "The newspapers make out like we're a bunch of nuts," he complains. "But we've had sightings by preachers, scoutmasters, Daughters of the American Revolution—all sober, responsible people."

Borglund found his U.N.F.O. while digging for worms in his backyard. About a foot beneath the surface he uncovered a package wrapped in brown paper and tied with a heavy cord. "It was shaped like one of those old phonographs with the horn," he reported, "and it smelled like airplane glue." Borglund summoned neighbors to confirm the sighting. Later, he went inside for a knife to cut the cord, and when he got back, the object was gone. With remarkable presence of mind, he got his camera and took a picture of the hole. Although the snapshot is hazy, the hole does have a resemblance to an old phonograph as it would appear from the inside looking out.

At the request of reporters, Borglund made up a list of Dos and Don'ts for future observers.

1. Remain calm. There is no record of any U.N.F.O. having a harmful or dangerous effect.
2. Do not leave the object unattended or attempt to move it.
3. Always know location of the nearest camera; take photos if possible.
4. Immediately notify the local chapter of the U.N.F.O. Society, whose trained personnel will take charge.
5. Avoid the use of stimulants.
6. Remember that a study of U.N.F.O.s may help unlock the mysteries of the universe. They are just as much a part of our American heritage as freedom, basketball and Arbor Day. They are a responsibility and a trust. They are everybody's job. ⁂

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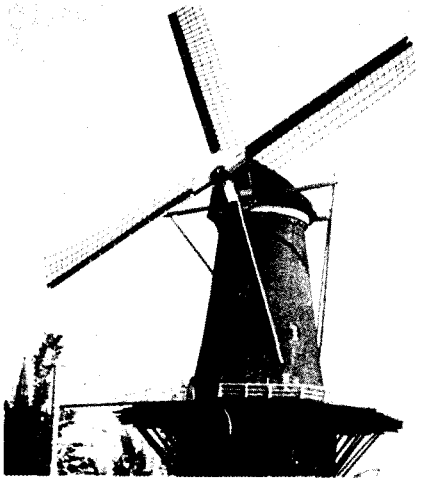

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Carrots

continued from page 73

Western Electric study, told *The Washington Post* that he suggests people eat one or two helpings of carotene-rich foods each day, hardly a radical recommendation.

In all, about 20 epidemiological studies have examined the relationship between beta-carotene and incidence of cancer (not just lung cancer) in human populations worldwide. Most of these studies show that people who eat large amounts of beta-carotene foods enjoy a below average risk of various forms of cancer, including lung cancer.

The largest epidemiological study to date of beta-carotene and cancer involved 8,278 Norwegian men who replied to postal questionnaires about their smoking and eating habits and were then monitored for five years. Dr. E. Bjelke found that low consumption of vegetables was predictive of a high rate of lung cancer.

While the evidence suggests that beta-carotene may prevent cancer, the matter is still open to question. In the Western Electric study, Shekelle and colleagues classified subjects according to nutritional soundings taken some 23 years ago. Any changes in dietary routine made by the workers since 1958 were left unrecorded. Moreover, beta-carotene and vitamin A (retinol) indices were based on averages of carotene levels in various foods, not on any exact measures.

To clarify the inevitably murky results of epidemiological studies, scientists have conducted animal studies, in which the impact of specific dietary measures can be much more accurately measured. To date, nine studies have tested the effects of administering beta-carotene (or carrot extract in one case) on tumors induced in experimental animals. In each study, a protective effect was claimed—that is, fewer experimental animals developed cancer when given beta-carotene than when given a placebo before being exposed to a carcinogenic agent.

However, in each of the nine studies, published details of the exact experimental circumstances make the claims "difficult to evaluate," write Sporn and his colleagues.

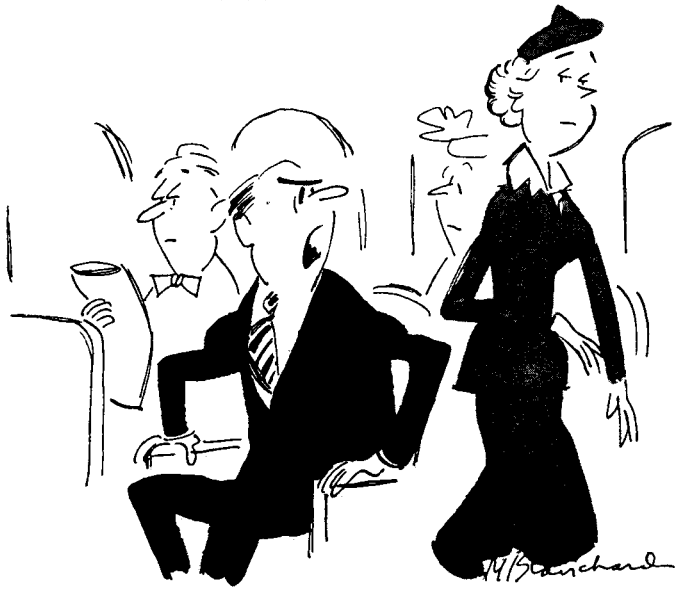
Dr. Saxon Graham, chairman of the department of social medicine at the State University of New York in Buffalo, says that the dearth of good animal experiments to back up claims made on the basis of epidemiological research is a serious gap in Peto's beta-carotene theory.

Despite the limitations of some studies, all find the same positive effect—that beta-carotene foods reduce the risk of developing lung cancer—and none the opposite effect. This is a strong argument that some direct or indirect anticancer effect is occurring, said Sporn and other investigators. These scientists recommend more studies and experiments to learn the actual role of beta-carotene in the body and to learn how that role might curb the development of cancer.

Still, promising as the theory appears, further confirmation will not come cheap. "This is not like proving a vaccine works. It is much more complicated. There are many more factors affecting cancer," Sporn said.

But after acknowledging the apparent weaknesses of their study, Shekelle and his colleagues concluded, "The consistency of the epidemiological evidence from diverse populations, the graded nature and temporal sequence of the association, its independence from cigarette smoking and its coherence with the evidence from animals all suggest that a diet relatively high in beta-carotene may reduce risk of lung cancer even among persons who have smoked cigarettes for many years."

Editor's Note: More conclusive data about beta-carotene are expected from a new study for which 22,000 healthy male American physicians have been recruited as subjects. The doctors will take beta-carotene every day for four and a half years. The "double-blind" experiment, in which some subjects will receive beta-carotene and others placebos, is part of a $4 million study funded by the National Cancer Institute and the National Heart, Lung and Blood Institute that will also test the effects of aspirin in reducing the incidence of heart disease. It will be the largest test to date of beta-carotene's cancer-preventive capabilities and the first in which subjects are given capsules of beta-carotene rather than simply vegetable and fruit supplements. But don't wait four and a half years for the results. Start eating your vegetables now. You can't lose!



The Perfect Squelch

Mr. Snarl was a seasoned airline traveler, but he demanded constant personal attention on every flight. Every few minutes he asked the stewardess to check with the pilot on the altitude, the weather ahead and whether the plane was on schedule.

At the last airport stop before his destination, the plane taxied out to the end of the runway to take off. The engines raced, subsided, raced and slowed again. Obviously the pilot was waiting for clearance from the tower, but Mr. Snarl turned in his seat and called loudly to the stewardess:

"Ask that fool up front how long he's going to keep us sitting here!"

The stewardess disappeared into the pilot's compartment, then returned and said very politely to Mr. Snarl, "He says to tell you we'll take off just as soon as he gets up enough nerve."

—John H. Trux

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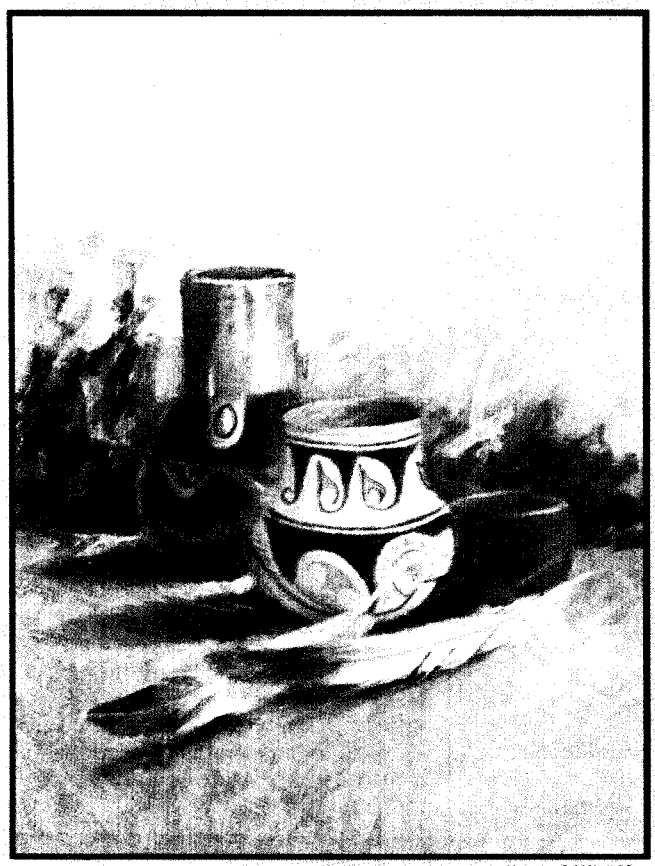

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Mystery

continued from page 61

tion. It numbered 34 items, including a packet of 20 firecrackers. Animal experiments were at once begun. A group of laboratory rats were fed various materials found in the Johnson kitchen—tap water, sugar, lemonade mix. Other rats were injected with materials taken from the several patients. The plastic pitcher in which the lemonade had been made was treated with a citric-acid solution in the hope of extracting some minuscule remains of the lemonade, and the solution was fed to another group of rats. The firecrackers were anatomized. They were found to contain only an insignificant quantity of yellow phosphorus. The laboratory animals were sacrificed at intervals during the next week or so, and their kidneys, livers and other organs and tissues were examined for eloquent pathological changes. None were found. Liver tissue obtained from Johnson at autopsy was further analyzed for the presence of selenium, a substance that in large concentrations has a toxic affinity for the liver, and for arsenic. The results were normal. Urine samples taken from Bruce and Sallie Shelton at the peak of their illness were analyzed for evidence of a dangerous herbicide called paraquat. The results were negative.

The toxicological examination of the various samples and specimens relating to the Omaha outbreak was monitored and its results were evaluated by a research medical officer in the Toxicology Branch of C.D.C. named Renate D. Kimbrough. She found the laboratory results, for all their negativity, both useful and interesting.

"One thing was particularly noteworthy," Dr. Kimbrough says. "The liver was the only affected organ. That eliminated a good many possible poisons. Most toxic chemicals that cause severe liver damage also cause damage to other parts of the body. As a matter of fact, it is unusual to find only liver damage—to find the liver destroyed and none of the other organs affected. There were also other limiting factors to consider. One was that the poison had to be something that was easily soluble in water—in lemonade. Another was that it had to be more or less tasteless and odorless. There was no indication that the Johnson lemonade had either a funny taste or a funny smell. Well, those factors eliminated a number of other compounds. In fact, they narrowed the field to a group of readily modifiable hydrocarbons called alkylating agents. This was not an area in which I felt very much at home, but I knew someone who did. I knew an expert. I put in a call to Ronald C. Shank. Dr. Shank is associate professor of toxicology in the Department of Community and Environmental Medicine at the University of California at Irvine. I told him my story and what I needed. Could he give me a list of water-soluble alkylating agents? No problem. He gave me a list of eight—methyl methane sulfonate; dimethyl sulfate; dimethylnitroamine; N-methyl-N'-nitro-N-nitrosoguanidine; 1, 2 dimethylhydrazine; methyl chloride; methyl bromide; and methyl iodide. Then I went to work. It was another process of evaluation and elimination. I ruled out methyl chloride, methyl bromide and methyl iodide almost at once. They are all weak alkylating agents, and they are lethal only in very large amounts. Moreover, the initial impact of those agents is on the brain, so the initial effect is mental confusion. That had not been noted in any of the Omaha cases. I could also rule out 1, 2 dimethylhydrazine. It causes severe damage to the red blood cells, and no such damage was noted in any of the Omaha reports. Then I eliminated methyl methane sulfonate. The kind of liver damage it produces is quite different from that observed in Duane Johnson and Chad Shelton. The same was true of dimethyl sulfate and N-methyl-N'-nitro-N-nitrosoguanidine. And the latter, again, is lethal only in very large amounts. That left dimethylnitrosamine.

"I think I knew almost at once that dimethylnitrosamine was the answer. It perfectly met all the required criteria. It is a liquid, and it is well miscible with water. It is largely odorless and tasteless. It is extremely toxic in very small amounts. The lethal dose for a medium-sized adult is less than two grams, and for a small child about one-third of a gram. A third of a gram is about seven drops, or less than half a teaspoonful. And dimethylnitrosamine is peculiarly liver-specific. It attacks the liver and only the liver, and the lesions it causes are quite distinctive. I studied the textbook lesions caused by dimethylnitrosamine. Then I examined under the microscope the liver specimens taken at autopsy from Duane Johnson and Chad Shelton. The Johnson and Shelton lesions were identical with the textbook examples. I was satisfied that the poison involved was dimethylnitrosamine, but I wanted to be more than that. I wanted to be absolutely sure. This was not an accidental poisoning. Everyone involved in the matter was certain that the poison had been deliberately added to the lemonade. It was a case of murder. Well, I called Dr. Shank again. Dimethylnitrosamine is very rapidly metabolized and excreted—within a couple of days of ingestion. So there was no possibility of turning up any trace of it in the liver samples. Its presence in the liver, however, causes certain chemical changes that can be measured by a high-pressure liquid-chromotography procedure that was recently developed by Dr. Shank. I asked him if he would perform his test on a group of liver tissues. This was to be, of course, a blind test. I supplied Dr. Shank with eight coded vials of material. They consisted of liver tissue taken from Duane Johnson, kidney tissue taken

Continued on page 126

Long ago in the Post

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"White House Stories,"
by Edward G. Lowry, May 9, 1931

"First and last, we have had our share of oddments and assorted sizes in the White House. We have known all about them, too; how they lived and what they did and all their daily customs and habits. What we didn't know we invented. All the tales about the presidents and their families have been, as Monsieur Beaucaire put it, 'a part true and part the most chaste art.' In any event, we reached a just decision about them. They have had no real privacy."

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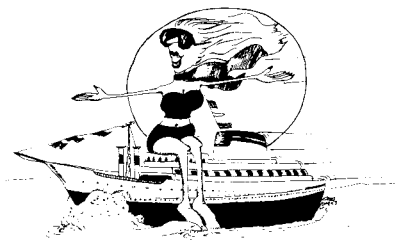

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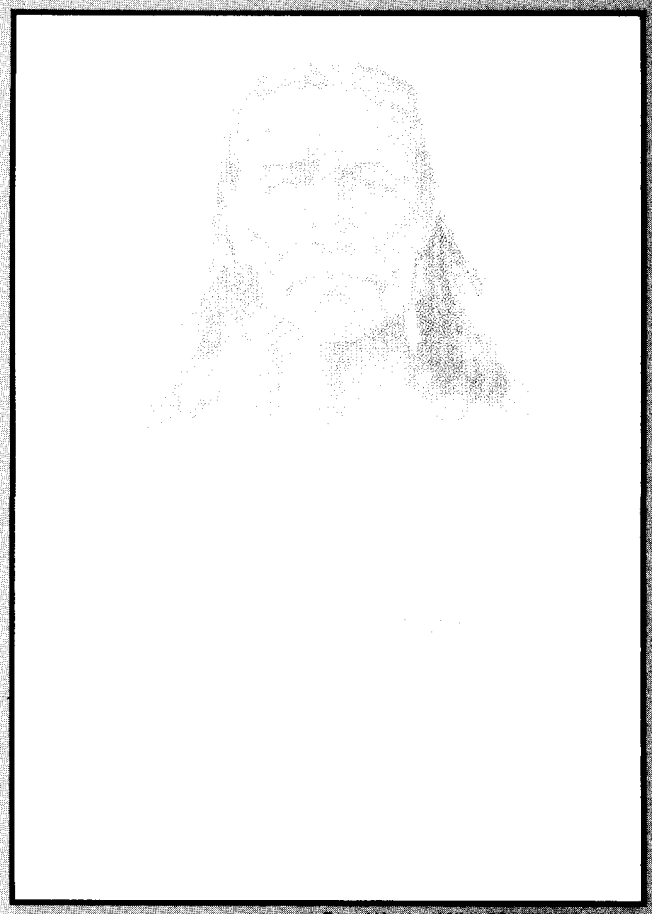

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Hawaii's Diamond Isle

There are many more facets to glittering Oahu than the International Center, Honolulu and grass skirts waving in the breeze at Waikiki.

by S. Rickly Christian

Of the three million-plus visitors who travel to the Hawaiian Islands each year, most converge on Oahu, the state's political, economic, military, educational and cultural center. The third-largest land mass of the Hawaiian archipelago, Oahu is aptly nicknamed "The Gathering Place." It was here that Hawaii's chieftains beached their outriggers to discuss concerns of their day, and it's here that many of today's tourists gather to forget the concerns of theirs.

Fanned by trade winds, palm fronds and hula skirts, Oahu's 608 square miles offer one of the world's most temperate climates and as much fun per capita as anywhere on earth. Begin your stay by prowling lively Kalakaua Avenue, which splits the Waikiki District and forms the backbone for many of Honolulu's best shops, restaurants, hotels, condos and offices. Along this broad boulevard you'll find good buys on splashy print shirts and blouses, as well as on flower leis, strung with fresh orchids, pikake, ilima, plumeria, maile or carnations. Once you've made these basic purchases, stash your mainland clothes until your return flight home. Not only will they detract from the spirit of your vacation, they'll also brand you as a *haole*, the moniker used by Hawaiians for nonnatives, much as Mexicans refer to the *gringo*.

If it's food you're after, eateries along Kalakaua can fill you with everything from a traditional luau of roast pig, to pizza, sashimi, poi, great steaks, guacamole tacos, Peking duck, squid, vegetables and fruit from local farms. The food you eat—and those you meet in the process—clearly mark this lotus land as an international playground. Your waiter could be from Pago Pago, your maitre d' from China, your ukelele-strumming tenor from neighboring Maui or Kauai, your busboy from Japan, your favorite hula dancer from the Philippines. . .and the couple at the adjoining table from Portugal—any New Yorker has his mix.

Honolulu, of course, is more than the concrete canyon of Kalakaua Avenue and nearby Waikiki Beach with its wall-to-wall wahines and latter-day beach boys. Other popular stops in the vicinity include Diamond Head, whose once-fiery eruption shaped Oahu; Pearl Harbor, home of the Pacific Fleet and final resting place of the battleship *U.S.S. Arizona*; Mission Houses, built and occupied in the 1800s by the island's first Christian missionaries; and Kawaiahao Church, constructed by these same missionaries from half-ton coral blocks. Tourists also flock to Iolani Palace, the regal estate of Hawaii's

Neither the skyline of Waikiki Beach nor the lei greeting at the airport can prepare the mainlander for the beauty of Waimea Falls and Oahu's scenic grandeur.

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last two monarchs; Chinatown, which features bargain-basement prices on everything from herb teas to octopus tentacles; and Paradise Park, a haven for tropical-bird lovers, with trails through green bamboo forests.

Oahu does not consist solely of Honolulu and its environs, however. You'll savor your visit more if you reserve time to discover the other facets of this diamond-shaped island. Beyond the confines of the capital city are quaint villages and green valleys lush with sugar cane, pineapple and taro. Craggy mountain peaks, born of lava, erode to a magnificent shoreline slapped by the world's best surf. And from these warm waters come such fish as the opakapaka, rightly regarded as the true "chicken of the sea."

You can always hook up with a tour that will guide you into and through this *other* Oahu. But you'll be better off if you take this adventure personally and venture out alone in a rented car or moped. A few simple directions and suggested stops follow here, but if you're lucky, you'll get lost and discover your own Oahu.

Your first point of reference is the Koolau Range, the rugged mountains which form a picturesque backdrop on the Honolulu horizon and separate Oahu into the windward (eastern) and leeward (western) sections. Perhaps the most scenic route to follow is the "long circle" that takes you (on less than a tank of gas) up the Windward Coast, along the North Shore and back to Honolulu through the checkerboard farmland. The trip is fewer than 150 miles—but you'll want to stop often. One of those stops will be at the pineapple canneries for a drink of the freshest, most delicious pineapple juice in all the world. An abbreviated "short circle" can be easily driven in a half-day (allowing for stops) if you're really pressed for time.

In either case, head east from Honolulu along Interstate H-1, which narrows into two-lane Highway 72 beyond Diamond Head. On the island's southernmost tip, behind Koko Head, is Hanauma Bay. This reef-protected cove offers snorkeling and swimming at its best. Exotic marine life can be viewed at Sea Life Park just up the highway at Makapuu Point. And not-so-exotic—but highly entertaining—penguins, killer whales and dolphins are star performers in the Park's variety show.

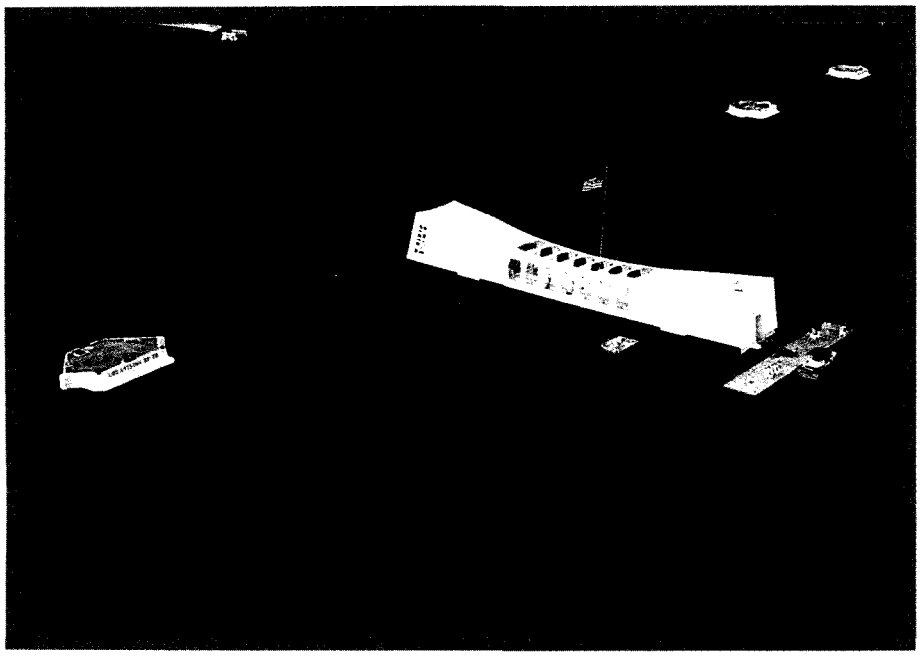
Where Highway 72 dead-ends into Highway 61, head inland toward the razor-sharp Nuuanu Pali escarpment, where Kamehameha the Great pushed island defenders to their deaths in his 1796 conquest. Proceed directly back to Honolulu from here to complete the "short circle" or drive north on Highway 83 towards Laie, home of the Polynesian Cultural Center, Oahu's rough equivalent of Disneyland. A lot of effort went into recreating six native villages of Fiji, Tahiti, Samoa and other islands for this theme park, which attracts more tourists than any other attraction on the island, except for the gleaming white *U.S.S. Arizona* Memorial at Pearl.

Other stops include the restored sugar mill in nearby Kahuku and notable beaches such as Sunset, home of Oahu's truly giant surf. The 30-foot monsters which roll beachward at this North Shore site thunder louder than the bombing of Pearl Harbor. . .and they have maimed and killed with nearly the same intensity. So stay close to your towel. Much safer swimming, surfing and boating is available along the expansive Windward Coast.

Before heading south and back to Honolulu along Highway 99, you might take in a few sets of tennis or sink a few birdies at the North Shore resort of Kuilima.

Ultimately, no good thing can last forever. But your visit to Oahu may engender thoughts similar to those of Mark Twain, who, in 1889, recalled his visit of two decades earlier:

"No alien land in all the world has any deep, strong charm for me but that one; no other land could so longingly and so beseechingly haunt me, sleeping and walking, through half a lifetime, as that one has done. Other things leave me, but it abides; other things change, but it remains the same. For me, its balmy airs are always blowing, its summer seas flashing in the sun; the pulsing of its surfbeat is in my ear; I can see its garlanded crags, its leaping cascades, its plumy palms drowsing by the shore, its remote summits floating like islands above the cloud rack; I can feel the spirit of its woodland solitudes; I can hear the splash of its brooks; in my nostrils still lives the breath of flowers that perished 20 years ago."



Your tour of Oahu will not be complete without the cruise to the *U.S.S. Arizona* Memorial in Pearl Harbor, where the waves wash gently over the awful aftermath of that infamous Sunday-morning bombing of our fleet.

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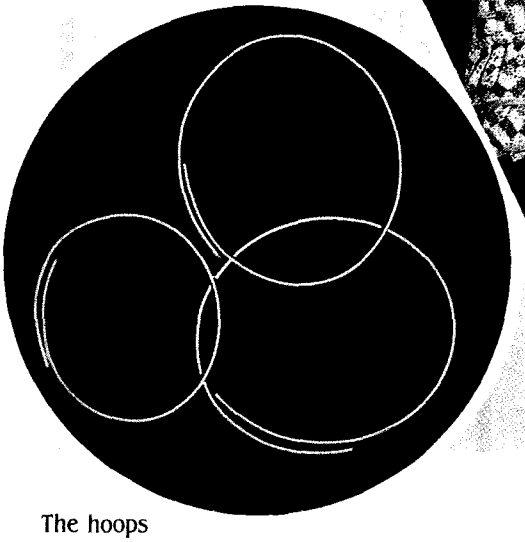

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Mystery

continued from page 120

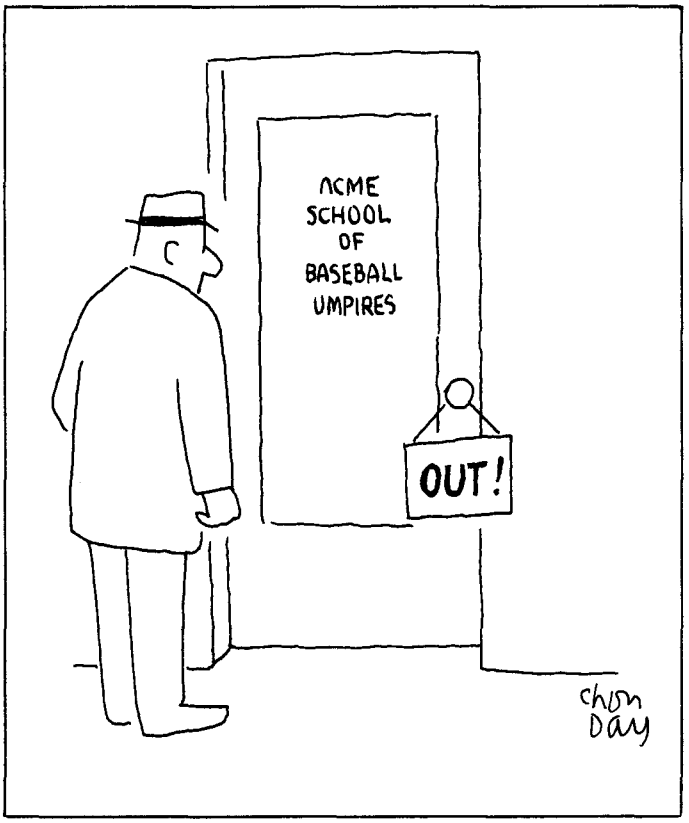
from him and six liver and kidney specimens taken from cases in our storage file—three of them from alleged cases of methyl-bromide poisoning and three from cases of Reye's syndrome. Dr. Shank reported that one specimen of the eight was positive for dimethylnitrosamine. That was the coded sample of liver tissue taken from Duane Johnson.

"But all this came much later—in August of 1979. So let's go back to where we were—to October of 1978. I was reasonably satisfied that dimethylnitrosamine was the poison involved, and I acted on that assumption. The next question was: How did it get in the lemonade? And where did it come from? It certainly didn't come from the corner drugstore. Dimethylnitrosamine is not an everyday compound, and its uses are rather limited. It was originally developed in England, as a solvent for use in the automobile industry, and it may have some other highly specialized industrial uses, but it is also known to be a powerful carcinogen. That quality has given it a certain vogue in cancer research. It is widely used to induce cancer in laboratory animals. I thought about that and about Omaha. Omaha is not a great industrial center; it is a great insurance center. And it is something of a medical center. It has Creighton University School of Medicine and the University of Nebraska Medical School and the Eppley Institute for cancer research.

"I had talked with John Wiley, the Douglas County epidemiologist, a time or two in the course of the investigation. So now I called him again. I told him what I had in mind. I don't believe I actually singled out dimethylnitrosamine. I think I simply said that I was convinced that the poison involved was an alkylating agent, and that it might very well be one used in cancer research. I suggested that it might be a good idea to check and see if anybody connected with the Johnson or Shelton families had any connection with the Eppley Institute. He did, and there was a connection—a very direct, very real connection."

The criminal investigation of the deaths of Chad Shelton and Duane Johnson was directed by Samuel W. Cooper, the Deputy Douglas County Attorney, with Lieutenant Foster Burchard of the Homicide Division of the Omaha Police Department. Much of the field work was done by a detective named Kenneth G. Miller.

"It was a strange case," Cooper says. "Our investigation was the third phase of three quite distinct phases. There was first the medical investigation, then Renate Kimbrough's toxicological investigation and then our homicide investigation. And even our phase was unusual. It was never, from our point of view, a simple case of whodunit. By the time we came into the picture, it had been established that the murder weapon was a toxic substance. So it was more a case of how-he-dunit. It took us a good long time to build up a provable case, but we had both the who and the how, and even the why, in only a matter of days. That was where Ken Miller came in. Miller had been working closely with John Wiley at the Health Department, and Wiley told him about his conversation with Dr. Kimbrough and her suggestion about a possible link between the families involved and the Eppley Institute. Miller was smart enough to take her suggestion seriously. He went back to his office and ran the Johnsons and the Sheltons through the computer file we have on victims of some sort of criminal act. And almost at once he found a lead. It involved the Johnsons and Sandra's mother and brother. One night in June of 1975, Duane and Sandra—they weren't the Johnsons yet—and her mother and brother went to the movies. Afterward, they were standing together out in front of the Betten house, talking, when a car drove up and a man jumped out and opened fire with a shotgun. One of the pellets hit Sandra's mother, and Sandra's brother was nicked, but neither was really hurt. The man drove off, but there was no big mystery about the attack. The man had been a high-school sweetheart of Sandra's. He was jealous and crazed, furious that she had dropped him for another man, and his intended victim may have been Duane Johnson. His name was Steven Roy Harper, and he was a rather familiar type. Good student, quiet, never drank, smoked or used drugs. The records showed that Harper was arrested, pleaded no contest to a charge of shooting with intent to kill and was sentenced to one to five years in prison on December 6, 1976. He was paroled on November 16, 1977. Ken Miller absorbed all that and then moved on to the Eppley Institute. Harper had worked at the Eppley Institute. He had found a job there a few months after his release, one that put him in the vicinity of various chemical compounds, including alkylating agents—including dimethylnitrosamine. He had held the job about five months, until August 18, 1978, when he resigned to take a better-paying job as a construction worker. That was the bare bones of our investigation. Harper had been in Omaha at the time of the lemonade party, but now he was on a construction job in Beaumont, Texas. Miller and a couple of other detectives and I flew down to Beaumont with a warrant. We arranged for the F.B.I. to pick Harper up, and we took him into custody."



That was on Friday, October 13th, less than a month after the tragic deaths of young Chad Shelton and Duane Johnson.

After his arrest in Beaumont at the hands of detectives Cooper, Miller and company, before his return to Omaha to stand trial, Harper made an informal declaration to one of the homicide detectives in Cooper's entourage named Greg Thompson. Thompson's transcript of Harper's statement reads

Continued on following page

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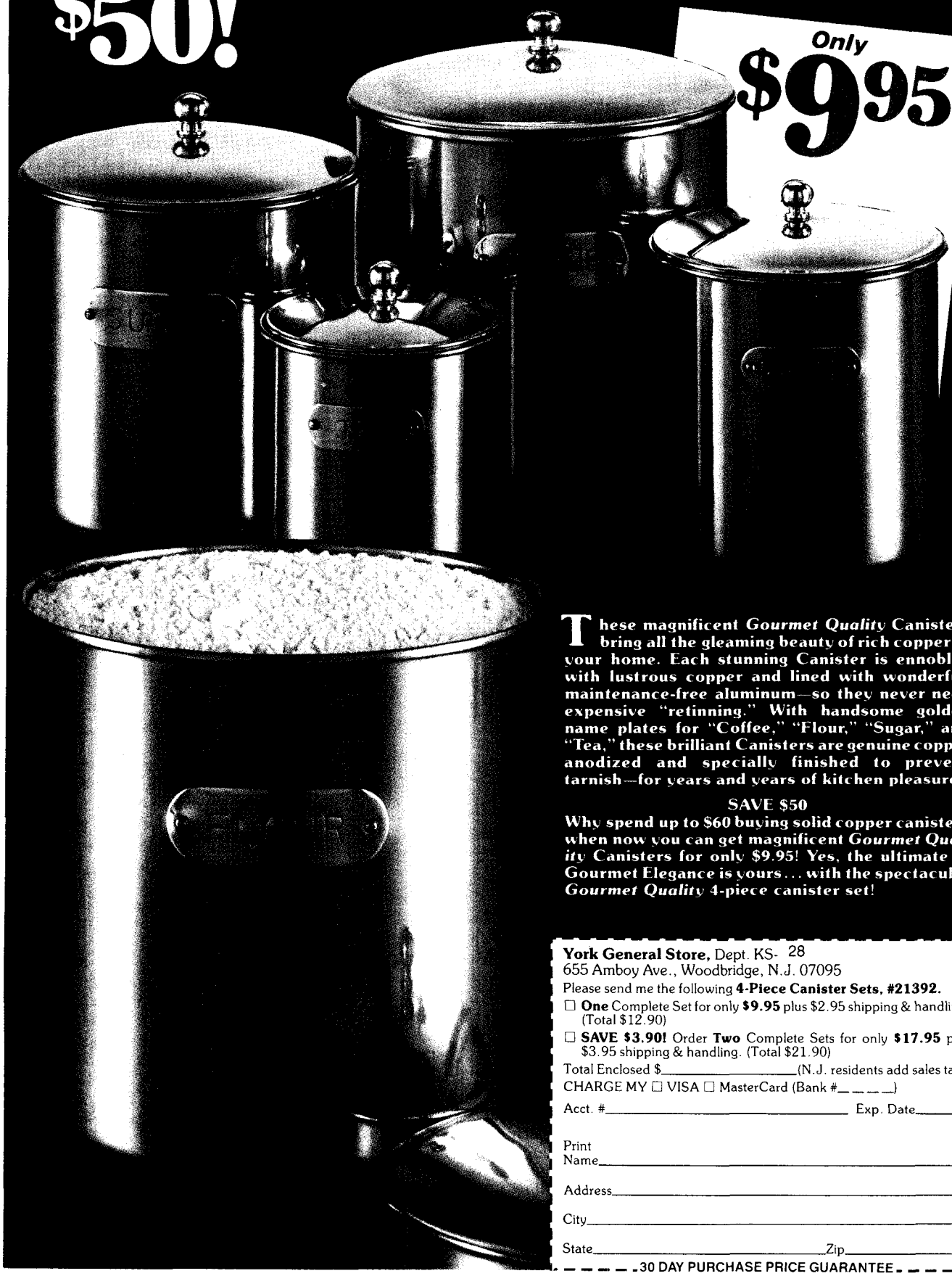

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Mystery

continued from page 126

as follows:

"Harper states that he is still in love with Sandra Johnson, that his life has been miserable for the past four years, and everything built up in him until it came to this point. While working in the Gene Eppley Cancer Care Center [*sic*], he took a chemical which he called DMNA [dimethylnitrosamine], a carcinogen. . . .

"Harper stated that he remembers driving up by the Johnson house, looking and seeing that no one was there, drove past it and parked down the street, around the corner. Harper then got out and walked back up the street, around the corner and to the Johnson house, walked all the way around the Johnson house, looking for a way to get in. Harper states that he thought he went in the side door, but he may have went [*sic*] in the window, he can't really remember. Or maybe he just left by the side door. He remembers going into the house, opening up the refrigerator, taking the small vial, which he described to be between two (2) and three (3) inches long and a half-inch (½) diameter, pouring it into the lemonade in the refrigerator. . . . Harper then left the Johnson residence."

Harper denied in his statement to Thompson that he had poisoned the lemonade with murderous intent. He told Thompson that "he didn't believe that it [the dimethylnitrosamine] was toxic, that it would only cause cancer." If such was his intention, he may have been not entirely unsuccessful. Of the three surviving victims of his poisoned lemonade, Bruce and Sallie Shelton were discharged from the hospital as fully recovered. Sandra Johnson's daughter, Sherrie, was less fortunate. She was hospitalized for three weeks and then was followed for several months as an outpatient. The most recent record of her condition noted "continuous hepatosplenomegaly [enlargement of the liver and spleen] and elevated liver enzymes, and a liver biopsy obtained three months after exposure showed chronic active hepatitis." A liver so damaged is often eventually hospitable to the development of cancer.

Harper was returned to Omaha. His case was presented at a preliminary judicial hearing, after which the presiding judge charged him with two counts of murder in the first degree and three counts of poisoning. On October 5, 1979, after a three-week trial in which Cooper served as prosecuting attorney and Dr. Kimbrough appeared as a key witness for the state, Harper was found guilty on all five counts and sentenced to die in the electric chair.

Fishing

continued from page 56

Park. Within these dams are vast, shallow, swampy lakes—called Conservation Areas 1, 2 and 3—and circling each is a deep canal formed by the extraction of landfill.

"People are waiting, darling."

When the water is high, most of the year, bass roam thoughout the lakes, but they retreat to the canals in winter when the lakes dry up. Boats are allowed in the 11-foot-deep canals and can be launched at Holiday Everglades Park and Sawgrass Recreation Area (both along State Road 27), two marinas on canals that link up with the conservation-area canals. Once within the walls of the dams, use plastic worms, the Johnson Silver minnow spoon and locally available surface lures (including the Dalton special and Devil's horse).

Florida Keys

Undoubtedly the best light-tackle salt-water fishing in the country is to be found in the Florida Keys. The Keys are a 150-mile-long chain of coral islands stretching from the southern tip of Florida southwest to Key West. On the ocean side are coral reefs, but on the other side is Florida Bay—shallow, salty and a great area to fish. There is no best time for fishing the Keys; certain species arrive and depart throughout the years, and you can catch something any month here. The ready availability of expert guides assures you of a catch.

The most sought-after big-game fish in the Keys is the tarpon, ranging from 60 to 100 pounds with an occasional catch of up to 180 pounds. They move into the lower Keys sometime in late February, then spread as far north as Islamorada, where they remain until late July, when, for some reason, they disappear until February.

Offshore, the sailfishing is best late in the year, when dolphin also run heavy. Tuna, king and Spanish mackerel and other favored species abound throughout May. During the summer months, the ocean is as calm as a farm pond. Still, there are a number of species—including sailfish, dolphin, bonita, cobia, amberjack, bar jack—to be taken from the purple-colored water of the Gulf Stream.

My favorite months to fish the Keys are June and October. It gets windy later on in the winter, and winds can make offshore fishing rough while muddying up the flats and reducing visibility inshore. In summer, the Gulf Stream, which keeps the Keys warm in winter, is a cooling influence.

Western Montana

A final recommendation: One area that every trout fisherman should visit at least once in his lifetime is western Montana, especially around Yellowstone National Park. So many fine trout streams run here that you couldn't fish all of them in several seasons. Many of these legendary streams are within a two-hour drive of West Yellowstone, Montana (which can serve as your base). The Teton, Henry's Fork, Fall and Snake Rivers all lie close to the south, while to the north are the Yellowstone, Gallatin, Madison and many others. And should you tire of all this outstanding fishing, the spectacular sites of Yellowstone Park are located just a few hundred yards from town.

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"Yeah, I used your special fly. No!...it's bigger than that! Must be the granddaddy of that one Harry got last year. I'd say it's about...well, let's just say it's lucky we all like fish."

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